



Smart Paneer and Chickpea Curry

with Spinach in Tikka Sauce

Calorie Smart

Carb Smart

30 Minutes



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Paneer



Chicken Breasts



Chickpeas



Baby Spinach



Cumin-Turmeric
Spice Blend



Vegetable Stock
Powder



Cilantro



Tikka Sauce



Roma Tomato



Yellow Onion

CUSTOM RECIPE

This is a Custom Recipe. If you chose to add your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

HELLO PANEER

A mild cheese that holds its shape even when fried!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Measuring spoons, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Paneer	200 g	400 g
Chicken Breasts ♦	2	4
Chickpeas	398 ml	796 ml
Baby Spinach	56 g	113 g
Cumin-Turmeric Spice Blend	1 ½ tsp	3 tsp
Vegetable Stock Powder	1 tbsp	2 tbsp
Cilantro	7 g	14 g
Tikka Sauce	½ cup	1 cup
Roma Tomato	1	2
Yellow Onion	1	1
Unsalted Butter*	2 tbsp	3 ½ tbsp
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



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1



Fry paneer

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, cut **paneer** into ½-inch cubes.
- When hot, add **1 tbsp** (1 ½ tbsp) **butter**, then swirl the pan until melted.
- Add **paneer**, then season with **salt, pepper** and **Cumin-Turmeric Spice Blend**. Pan-fry, turning **cubes** occasionally, until crispy and golden, 4-5 min. (**TIP**: If spices start to burn, reduce heat to medium.)
- Transfer to a plate.

If you've opted to add **chicken breasts**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Pan-fry on one side until golden, 6-7 min. Flip, then cover and continue cooking, until cooked through, 6-7 min.**

4



Start curry

- Stir in **tikka sauce** and **stock powder**. Cook, stirring often, until **sauce** thickens slightly, 30 sec.
- Add ½ cup (¾ cup) **water**, **chickpeas** and **canning liquid** to the pan. Bring to simmer over high.
- Once simmering, reduce heat to medium. Cover and cook, stirring occasionally, until **chickpeas** are tender and **tomatoes** are broken down, 8-10 min.

2



Prep

- Meanwhile, peel, then cut **half the onion** (whole onion for 4 ppl) into ¼-inch pieces.
- Cut **tomato** into ½-inch pieces.
- Roughly chop **spinach**.
- Roughly chop **cilantro**.

5



Finish curry

- Add **spinach**, **half the paneer** and **half the cilantro** to the pan. Cook, stirring often, until **spinach** wilts, 1-2 min. (**TIP**: If curry reduces too much, add 2 tbsp water at a time, until desired consistency is reached.)
- Season with **salt** and **pepper**, to taste.

3



Sauté onions and tomatoes

- Return the same pan (from step 1) to medium.
- Add **1 tbsp** (2 tbsp) **butter**, then swirl the pan until melted.
- Add **onions** and **tomatoes**. Cook, stirring occasionally, until softened, 3-4 min.

6



Finish and serve

- Divide **curry** between bowls.
 - Top **bowls** with **remaining paneer**.
 - Sprinkle **remaining cilantro** over top.
- Thinly slice **chicken**, then place over **paneer**.

Dinner Solved!