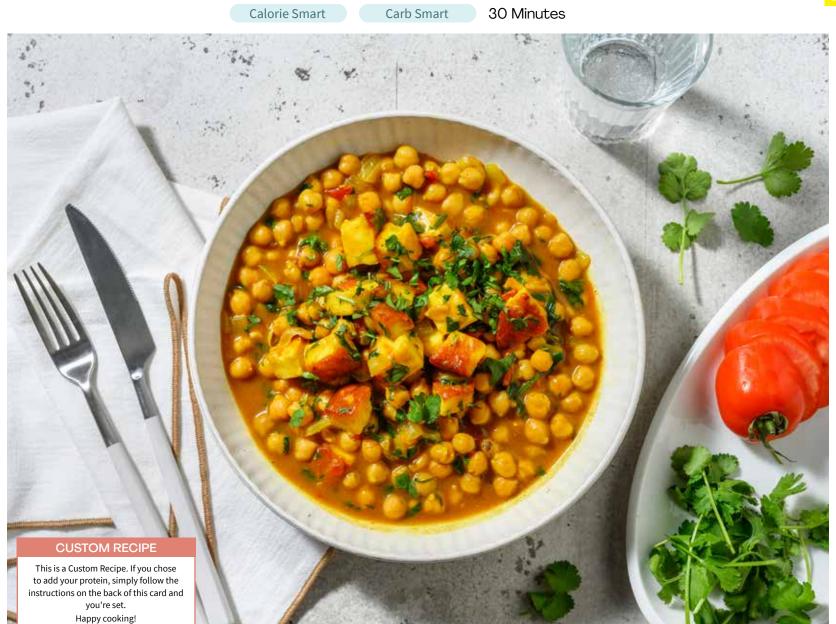


Smart Paneer and Chickpea Curry

with Spinach in Tikka Sauce



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Baby Spinach

Chickpeas



Vegetable Stock

Powder

Cumin-Turmeric Spice Blend





Cilantro



Roma Tomato



Yellow Onion

Tikka Sauce

Start here

Before starting, wash and dry all produce.

Measurements, 1 tbsp (2 tbsp), within steps

4 person Ingredient

Bust out

Measuring spoons, measuring cups, large non-stick pan

Ingredients

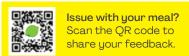
	2 Person	4 Person
Paneer	200 g	400 g
Chicken Breasts •	2	4
Chickpeas	398 ml	796 ml
Baby Spinach	56 g	113 g
Cumin-Turmeric Spice Blend	1 ½ tsp	3 tsp
Vegetable Stock Powder	1 tbsp	2 tbsp
Cilantro	7 g	14 g
Tikka Sauce	½ cup	1 cup
Roma Tomato	1	2
Yellow Onion	1	1
Unsalted Butter*	2 tbsp	3 ½ tbsp
Salt and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

- * Pantry items
- ** Cook to a minimum internal temperature of 74°C/165°F,
- 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.





- · Heat a large non-stick pan over mediumhigh 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.**



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.



Prep

- Meanwhile, peel, then cut half the onion (whole onion for 4 ppl) into 1/4-inch pieces.
- Cut tomato into ½-inch pieces.
- Roughly chop spinach.
- Roughly chop cilantro.



• 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.



- 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.



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!