



Recipe

Pea and paneer curry

Paneer is a fantastic ingredient! It's mild tasting and holds its texture and flavour really well. It's also high in protein and is classified as a 'complete protein', which means it holds all 9 essential amino acids. This dish tastes great and it's loaded with veg and lentils for vitamins and minerals. Enjoy!

Ingredients

1½ tsp Sunflower oil

145g Diced onion

180g Crumbled paneer

1 tbsp Garlic puree

1 tbsp Ginger puree

½ tsp Mild madras curry powder

½ tsp Garam masala

2 tsp Tomato paste

½ tsp Ground cumin

Pinch of mild chilli powder

135g Passata

100ml Coconut milk

135ml Water

1½ tbsp Red lentils

1 tbsp Vegetable stock

145g Mixed diced peppers

165g Frozen peas

Handful of spinach

Method

Add the sunflower oil to a frying pan and heat to a medium temperature before adding the onions.

Once the onions are golden and soft, add the garlic, ginger, cumin, mild chilli powder, garam masala and mild curry powder. Stir well to coat the onions and toast the spices.

Add tomato puree, stir well, and cook for 3 minutes.

Add passata, coconut milk, water, red lentils, and stock. Mix well and simmer gently for 20-30 minutes until lentils are soft. Lentils are likely to stick to the bottom of the pan, so it should be stirred frequently.

Add paneer and peppers, spinach and peas and stir well. Simmer for a further 5-10 minutes and serve.

Nutritious delight with every bite

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