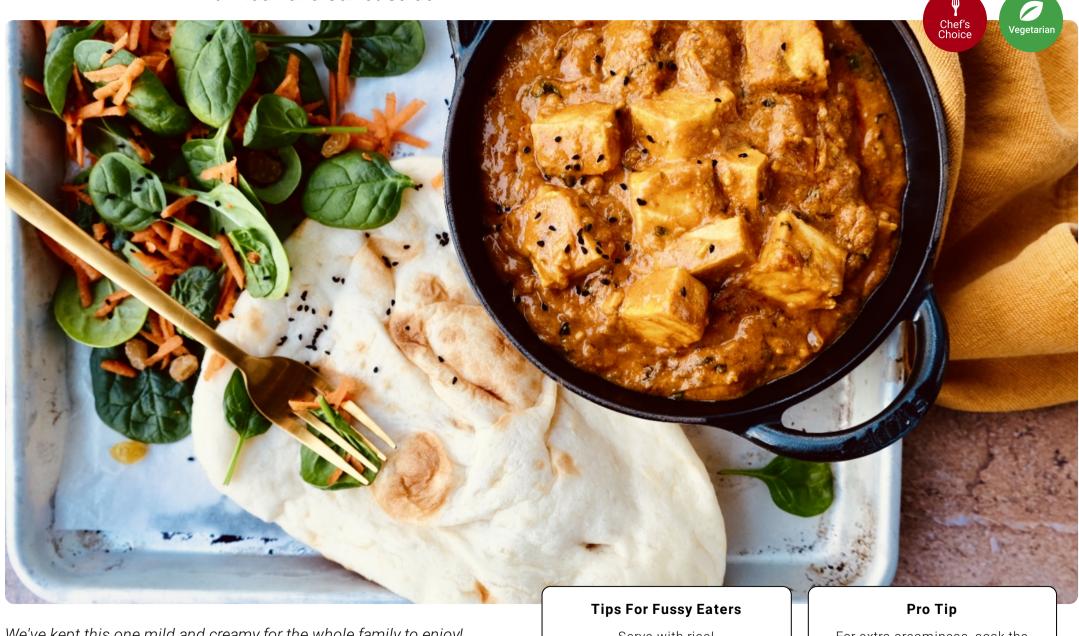
Cashew Paneer Curry

with Naan and Carrot Salad



We've kept this one mild and creamy for the whole family to enjoy!

Takes: 30 min | Equipment Required: Food processor, Pestle &

Mortar

Cals 1244 | Prot 44 | Carbs 105 | Fat 73

Serve with rice!

For extra creaminess, soak the cashew nuts in water for 2-4 hours or even overnight. Blitz with the soaking liquid.

Ingredients For 2 For 3 For 4 Curry 375 Paneer 250 500 Grams Cashew nuts 40 60 80 Grams Brown onion 1 1 2 Piece Fresh coriander 15 30 30 Grams Ghee 30 45 60 Grams Salt 0.5 1 1 Tsp 30 Ginger garlic paste 20 30 Grams 5 8 10 Curry powder Grams Smoked paprika powder 2 4 4 Grams Turmeric powder 4 4 Grams 2 Vegetable stock cube Piece 300 400 MLWater 200 15 30 Honey 15 Grams 70 Tomato paste 50 70 Grams Cream cheese 20 40 40 Grams Sides Tandoori naan 2 4 Piece 1 2 Carrot Piece Baby spinach 60 90 125 Grams 45 Golden raisins 30 60 Grams 2 2 Lime Piece

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10

10

Grams

10







1 Prep

Preheat the oven to 200°C/180°C fan. Place the **cashew nuts** in a small bowl and cover with boiling water. Set aside. Peel and finely chop the onion. Finely chop the fresh coriander. Chop the **paneer** into bite size pieces.



Heat a large pan over a mediumlow heat with the ghee. Sauté the onion with the salt for 6 min until soft. Once soft, add the ginger garlic paste, coriander, curry powder, smoked paprika and turmeric and cook for 1 min further.

3 Simmer

Add the **stock cube**, **measured** water, honey and tomato paste to the pan and simmer for 10 min.





5 Prep salad

Meanwhile, peel and grate the carrots Wash the spinach. Place the carrots, raisins and spinach leaves in a bowl and season generously with the lime juice. Toss and set aside - this is your salad.



6 Serve

Drain the **cashew nuts**. Grind the cashew nuts to a smooth paste in a pestle and mortar or in a food processor. Add the ground cashew nuts, paneer and cream cheese to the **curry**, simmer for 3 min further. Serve the **curry** with the **naan** and carrot salad on the side. Garnish with the Nigella seeds.



Meanwhile, place the **naan** on a baking tray and heat in the hot oven for 5 min or until warmed through. Keep warm.



Nigella seeds