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## Paneer & Mango Curry

You know those dinners where you just can't get enough and don't want to share? Yeah, this is one of those. Creamy coconut milk paired with ginger and a mildly-spiced curry blend is good enough to drink. Just add paneer along with the star of the dish; a sweet, ripe mango and before your eyes, you'll have made the perfect summery curry for a bed of perfectly cooked brown rice- gosh you're clever!



Prep: 15 mins Cook: 30 mins Total: 45 mins



level 2





## **Pantry Items**





Olive Oil



Brown Rice



Paneer Cheese



Red Onion



Ginger



Birdseye Chilli



Mild Curry Powder



Mango



Coconut Milk



Coriander

Lemon

2P	4P	Ingredients	
⅔ cup	1 ⅓ cups	brown rice	
1 ½ cups	3 cups	water *	
2 tsp	1 tbs	olive oil *	
1 packet	2 packets	paneer cheese, cubed	Α
1/2	1	red onion, sliced	#
1 knob	2 knobs	ginger, peeled & finely grated	
1	2	birdseye chilli, deseeded & finely chopped	
1 tbs	2 tbs	mild curry powder	
½ cup	1 cup	warm water *	
1	2	mango, peeled & chopped	
1 cup	2 cups	coconut milk, plus extra to drizzle	
1 bunch	2 bunches	coriander, leaves picked	
1/2	1	lemon, cut into wedges	<b>+</b>

- May feature in another recipe
  - Pantry Items

## **Nutrition per serving**

Energy	3510	Kj
Protein	29.3	g
Fat, total	41.2	g
-saturated	25.1	g
Carbohydrate	79.3	g
-sugars	20.4	g
Sodium	285	mg

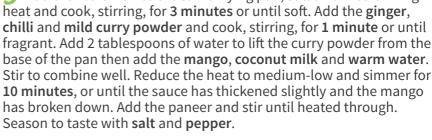
## Measuretool

) cm	1cm	2 cm



You will need: chef's knife, chopping board, grater, vegetable peeler, plate, sieve, medium pot with a lid, and a medium frying pan.

- Place the **brown rice** into a sieve and rinse it with cold tap water until the water runs clear. Place rice and water in a medium pot and bring to the boil over a medium-high heat. Cover with a lid and reduce the heat to medium. Simmer, covered, for 25-30 minutes or until the rice is soft and the water has absorbed.
- 2 Heat the olive oil in a medium frying pan over a medium-high heat. Add the paneer and cook for about 2 minutes or until browned. Remove from the pan and set aside.
- Add the **red onion** to the same frying pan, still on a medium-high heat and cook, stirring, for **3 minutes** or until soft. Add the **ginger**, chilli and mild curry powder and cook, stirring, for 1 minute or until fragrant. Add 2 tablespoons of water to lift the curry powder from the base of the pan then add the mango, coconut milk and warm water. Stir to combine well. Reduce the heat to medium-low and simmer for 10 minutes, or until the sauce has thickened slightly and the mango has broken down. Add the paneer and stir until heated through. Season to taste with salt and pepper.





To serve, divide the brown rice and sweet paneer curry between bowls. Drizzle with some extra coconut milk and a handful of coriander leaves. Serve with the lemon wedges.



Did you know? Mangoes are Australia's most popular seasonal fruit!