



PARVEEN'S INDIAN KITCHEN

PANEER, PEPPERS & CUMIN RICE



INGREDIENTS

- 3 tbsp vegetable oil
- 450g paneer, cut into 2cm cubes
- 3 peppers, cut into strips
- 4 spring onions
- 2 long red chillies, thinly sliced
- ½ tsp turmeric powder
- 2 medium onions, thinly sliced
- 4 large garlic gloves, thinly sliced
- 2 large tomatoes, diced
- 2 tsp ground cumin
- 2 tsp dried fenugreek leaves (optional)
- ½ tsp salt

FOR THE CUMIN RICE

- 500g white basmati rice
- 1 tbsp vegetable oil
- 60g butter
- 2 tsp cumin seeds
- 1 tsp salt
- 750ml water

SERVES 4-6

METHOD

1. Wash the rice in clean cool water, until the water runs clear - then leave to soak for 30 minutes in tepid water.
2. In a large saucepan, heat the oil then add the butter. When melted add the cumin seeds then allow to sizzle for 30 seconds. Drain and add the pre-soaked rice and stir gently then add 750ml water and bring to a simmer - when at a simmer cover with a lid then drop the heat to the lowest possible and leave to cook for about 30 minutes.
3. Heat a large non-stick wok on a high heat then add half the oil and swirl around the pan. Add the paneer, turmeric and salt then stir-fry for 3-4 minutes until the paneer is golden brown on all sides. Remove the paneer and set aside.
4. Return the wok to the heat then add the remaining oil. When hot add the onions, garlic, peppers, spring onions and chilli then cook for 5-8 minutes over a high heat stirring occasionally.
5. Add the tomatoes, stir then add the cumin, fenugreek leaves and 100ml hot water. Stir-fry for a further 2-3 minutes.
6. Return the paneer to the pan then warm through.
7. Serve with the cumin rice and enjoy!

Parveen
x

To find out more...

parveenashraf.com

