

# Paneer & Lentil Masala

with Spinach & Lime Rice

**TIME:** 50-60 minutes

**SERVINGS:** 2

At the heart of many Indian dishes is the masala, a base of sautéed aromatics and toasted spices. Here, we're combining onion, ginger, garlic, and a bit of tomato with a mild, flavorful blend of spices, including bright coriander, warming cinnamon, and fenugreek—known for its maple syrup-like aroma. It makes a robust base for paneer (a firm fresh Indian cheese) and lentils, simmered together to meld the flavors.



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## Ingredients



$\frac{2}{3}$  cup  
WHITE BASMATI  
RICE



$\frac{1}{2}$  cup  
GREEN LENTILS



4 oz  
PANEER CHEESE



4 oz  
SPINACH



2 cloves  
GARLIC



1  
LIME



1  
YELLOW ONION



1 bunch  
CILANTRO

## KNICK KNACKS:



2 Tbsps  
TOMATO PASTE



1 1-inch piece  
GINGER



$\frac{1}{4}$  cup  
HEAVY CREAM



1 Tbsp  
PANEER SPICE  
BLEND\*

\* Ground Coriander, Garam Masala, Ground Kashmiri Chile, Salt, Ground Cardamom, Onion Powder, Ground Cinnamon, & Ground Fenugreek



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## 1 Prepare the ingredients:

- ☐ Wash and dry the fresh produce.
- ☐ Peel and medium dice the onion.
- ☐ Peel and finely chop the ginger.
- ☐ Peel and roughly chop the garlic.
- ☐ Medium dice the cheese.

## 2 Start the masala:

- ☐ In a medium saucepan, heat 2 teaspoons of olive oil on medium-high until hot.
- ☐ Add the **onion, ginger, and garlic**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened and fragrant.
- ☐ Add the **tomato paste**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until dark red and fragrant.

## 3 Add the lentils & cheese:

- ☐ Add the **spice blend** and a drizzle of olive oil to the saucepan. Cook on medium-high, stirring constantly, 30 seconds to 1 minute, or until fragrant.
- ☐ Add the **lentils, cheese, and 3 cups of water**. Heat to boiling on high.
- ☐ Once boiling, reduce the heat to medium-high. Cook, stirring occasionally, 26 to 30 minutes, or until the lentils are tender and most of the water has been absorbed.

## 4 Cook the rice:

- ☐ While the lentils cook, in a small saucepan, combine the **rice, a big pinch of salt, and 1 cup of water**. Heat to boiling on high.
- ☐ Once boiling, cover and reduce the heat to low. Cook 14 to 16 minutes, or until the water has been absorbed and the rice is tender.
- ☐ Turn off the heat and fluff the cooked rice with a fork. Set aside in a warm place.

## 5 Prepare the remaining ingredients:

- ☐ While the rice cooks, using a peeler, remove the green rind of the lime, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter the lime.
- ☐ Roughly chop the cilantro leaves and stems.

## 6 Finish the lentils & cheese:

- ☐ Add the **spinach and heavy cream** (shaking the container before opening) to the saucepan of **cooked lentils and cheese**. Cook, stirring constantly, 30 seconds to 1 minute, or until thoroughly combined and the spinach has wilted.
- ☐ Turn off the heat. Stir in the **juice of 2 lime wedges and half the cilantro**. Season with salt and pepper to taste.
- ☐ Stir the **lime zest** into the pot of **cooked rice**.
- ☐ Divide the finished rice between 2 dishes. Top with the finished lentils and cheese. Garnish with the **remaining cilantro**. Serve with the **remaining lime wedges** on the side. Enjoy!

