

# Crispy Paneer Cheese

over Roasted Vegetable, Couscous & Arugula Salad

2 SERVINGS

⌚ 30-40 MINS

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## Ingredients

 4 oz Paneer Cheese

 6 oz Asparagus


 1 bunch Mint

 ½ cup Plain Nonfat Greek Yogurt

 ½ cup Pearl Couscous


 1 Red Onion

 1 Lime

 6 oz Carrots

 2 oz Arugula

 1 Tbsp Red Harissa Paste

 Serve with Blue Apron wine that has this symbol  
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## 1 Prepare the ingredients & marinate the cheese

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Peel the **carrots**; cut on an angle into 1/2-inch pieces.
- Halve and peel the **onion**; cut into 1/4-inch-wide wedges, separating the layers.
- Snap off and discard the tough, woody stem ends of the **asparagus**; cut on an angle into 2-inch pieces (keeping the pointed tips intact). Place in a bowl; drizzle with **olive oil** and season with salt and pepper. Toss to coat.
- Pick the **mint** leaves off the stems.
- Halve the **lime** crosswise.
- Medium dice the **cheese**.
- In a medium bowl, combine **half the yogurt**, **the juice of 1 lime half**, and **as much of the harissa paste as you'd like**, depending on how spicy you'd like the dish to be; stir to combine. Add the **diced cheese**. Season with salt and pepper; stir to combine. Set aside to marinate, stirring occasionally, at least 10 minutes.



## 2 Roast the vegetables

- Line a sheet pan with foil.
- Place the **carrot pieces** and **onion wedges** on the foil. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer on one side of the sheet pan.
- Roast 10 minutes. Leaving the oven on, remove from the oven.
- Carefully arrange the **seasoned asparagus** in an even layer on the other side of the sheet pan of **partially roasted carrots and onion**.
- Return to the oven and roast 6 to 7 minutes, or until the vegetables are lightly browned and tender when pierced with a fork.
- Remove from the oven.



## 3 Toast & cook the couscous

- Meanwhile, in a medium pot, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **couscous**; season with salt and pepper. Cook, stirring constantly, 1 to 2 minutes, or until lightly toasted.
- Add **4 cups of water** (carefully, as the liquid may splatter). Heat to boiling on high.
- Once boiling, cook, uncovered, 4 to 5 minutes, or until tender. Turn off the heat.
- Drain thoroughly.



## 4 Cook the cheese

- Meanwhile, in a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Reserving the **marinade**, add the **marinated cheese** in an even layer. Cook, without stirring, 2 to 3 minutes, or until browned.
- Continue to cook, stirring occasionally, 2 to 3 minutes, or until browned and slightly crispy.
- Turn off the heat.



## 5 Finish & serve your dish

- In a large bowl, combine the **remaining yogurt**, **reserved marinade**, and **the juice of the remaining lime half**. Season with salt and pepper.
- Add the **arugula**, **cooked couscous**, **roasted vegetables**, **half the mint leaves** (tearing just before adding), and a drizzle of **olive oil**; season with salt and pepper. Stir to thoroughly combine.
- Taste, then season with salt and pepper if desired.
- Serve the **finished couscous and vegetables** topped with the **cooked cheese**. Garnish with the **remaining mint leaves** (tearing just before adding). Enjoy!

