Crispy Paneer Cheese





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



Cook along on the app



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.



- 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.

Toast & cook the couscous

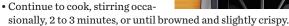
- Meanwhile, in a medium pot, heat 2 teaspoons of olive oil on medium-high until hot.
- Add the couscous; season with salt and pepper. Cook, stirring constantly, 1 to 2 minutes, or until lightly toasted.
- Add 4 cups of water (carefully, as the liquid may splatter). Heat to boiling on high.
- · Once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



• 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.

