

# Curried Green Lentils & Paneer

over *Basmati Rice*

Paneer is a fresh, non-melting cheese commonly found in South Asian and Indian cuisine. It is made by adding lemon juice or vinegar to heated milk to separate the curds and the whey. Then, the curds are drained and excess liquid is pressed from the cheese. Finally, the cheese is wrapped in cloth and pressed under a heavy weight before packing or cooking.



## Ingredients

- 4 Baby Carrots
- 4 Cloves Garlic
- 1 Bunch Cilantro
- 1 Spanish Onion
- 1 Stalk Celery
- 6 Ounces Paneer
- $\frac{3}{4}$  Cup Basmati Rice
- $\frac{1}{2}$  Cup Green Lentils
- 1 Teaspoon Mild Curry Powder
- 1 Cup Vegetable Broth
- 1 Tablespoon Sriracha

Makes 2 Servings  
About 700 Calories Per Serving





# Instructions



## Prepare the ingredients:

Wash and dry the fresh produce. Cut the tops off the carrots, then slice the carrots in half lengthwise, then in half again to make 2-inch long pieces. Peel and mince the garlic. Pick the cilantro leaves off the stems. Peel and small dice the onion. Small dice the celery.



## Cook the rice:

In a small pot, combine the **rice**, a **big pinch of salt**, and **1½ cups of water**. Heat to a boiling on high, then cover, reduce the heat to low, and simmer 18 to 22 minutes, or until the liquid is absorbed. Remove from the heat and fluff the finished rice with a fork.



## Sear the paneer:

In a small pan, heat a couple teaspoons of olive oil on medium-high until hot. Add the **paneer** and cook for 30 seconds to 1 minute per side, or until browned. Transfer to paper-towel-lined plate to cool. When cool enough to handle, cut the paneer into ½-inch cubes.



## Cook the vegetables:

In a medium pot, heat a couple teaspoons of olive oil on high until hot. Add the **onion**, **celery**, **carrot**, and **garlic**. Season with salt and pepper and cook 2 to 3 minutes, or until the onion and celery are softened. Add the **green lentils** and **curry powder** and cook 2 to 3 minutes, or until well combined, stirring.



## Add the liquids, seasonings & paneer:

Stir in the **vegetable broth**, **1 cup of water**, and as much **sriracha** as you like, depending on how spicy you'd like the dish to be, tasting as you go. Add the **cubed paneer** and season with salt and pepper to taste. Bring the mixture to a boil, then reduce the heat and simmer for 15 minutes, or until the lentils soften. (You may need to add more water if the mixture seems too thick.) Remove from the heat and stir in **half of the cilantro**.



## Plate your dish:

Divide the rice between 2 bowls or plates and spoon the lentil mixture on top. Garnish with the **chopped cilantro** and **any remaining sriracha**, if you'd like. Enjoy!