

# PANEER PANCAKES WITH TOMATO CHUTNEY

GOES GREAT WITH...

A simple green salad



EXTRAS  
#58

ALSO WORKS A TREAT WITH...

- Cheddar instead of paneer

RAISE YOUR GAME BY...

Using gram (chickpea) flour in place of half the plain flour



# PANEER PANCAKES WITH TOMATO CHUTNEY

Prep  
20 mins

Cook  
45 mins

Heat  


Serves  
4

This year, why not try a Curry Legend twist on Shrove Tuesday? Here we're using grated paneer and saag (spinach) to fill the **HALDI BLEND** flavoured pancakes, with a sweet and spicy tomato chutney on the side. A really colourful and flavourful alternative to the usual cheese and ham!

226g **paneer cheese** - coarsely grated

200g **spinach** (fresh or frozen)

4 **tomatoes** - roughly chopped

1 **onion** - finely chopped

2 **cloves of garlic** - finely chopped

300ml **milk** (any type)

2 **eggs** (any size)

150g **plain flour** or gluten-free alternative

2 tbsp **vinegar** (white wine or cider vinegar is best)

2 tbsp **sugar**

3 tsp



**HALDI BLEND**

2 tsp



**JEERA BLEND**

1 tsp



**MIRCHI BLEND**

1

Whisk the flour with the milk, eggs, 3 tsp **HALDI BLEND** and ½ tsp salt to a thick batter. Leave to one side

2

Cook the tomatoes with the vinegar, sugar, 1 tbsp oil, a splash of water, 1 tsp **JEERA BLEND**, 1 tsp **MIRCHI BLEND** and ¼ tsp salt for 15 minutes, mashing them up a bit as they cook, or until the tomatoes have broken down completely, all the liquid has evaporated and the chutney is rich and thick (it's ready when you stir a spoon through the centre and it leaves a trail). Leave to cool

3

Fry 1 tsp **JEERA BLEND** in 2 tbsp oil for 1 minute or until the seeds just start to pop and jump around

4

Add the onion and fry for 5 minutes or until soft and translucent

5

Stir in the spinach, garlic and ½ tsp salt then cover and cook for 10 minutes or until the spinach is soft. Uncover and boil off any excess liquid

6

Heat a non-stick frying pan and wipe with a little oil (if you don't have a non-stick frying pan then use 2 tsp oil per pancake). Add a ladleful of the batter to the hot pan to make a pancake about 2mm thick and 20cm in diameter

7

Cook for 2 minutes or until the top is firm and the bottom is golden-brown. Flip and cook for 1 minute or until golden-brown on the other side, then remove from the pan, cover to keep warm and repeat with the remaining batter to make 8 pancakes

8

Stir the paneer into the spinach, then fill each pancake with ⅓ of the spinach and paneer mix and serve with the tomato chutney on the side