

INDO CHINESE CHILLI PANEER

Chinese restaurants are popular in India and one of the most famed dishes is this take on a stir-fry using paneer cheese and peppers as the key ingredients. It has a familiar sweet, sour, sticky and salty sauce with the addition of Indian spices for a delicious twist.

Prep
25 min

Cook
15 min

Heat


Serves
2-3 with just rice

226g **paneer cheese** (a standard-size pack) - cut into bite-size pieces

1 bunch of **spring onions** - thinly sliced

3 cloves of **garlic** - thinly sliced

Fresh **ginger** - finely chopped to make 1 tbsp

2 **peppers** (any colour) - cut into bite-size pieces

2 tbsp **soy sauce**

1 tbsp **cornflour**

1 tsp **sugar**

1 tbsp **vinegar**

2 tsp



MIRCHI BLEND

1 tsp



METHI BLEND

1 tsp



HALDI BLEND

1

Mix the paneer and peppers with 1 tbsp oil, 2 tsp **MIRCHI BLEND**, 1 tsp **METHI BLEND**, 1 tsp **HALDI BLEND** and a big pinch of salt

2

In a large frying pan or wok fry the garlic and ginger in 2 tbsp oil for 1 minute or until soft

3

Add the paneer and peppers (including all the spices) and stir fry for 5 minutes or until the peppers have started to soften

4

Mix the soy sauce with the vinegar, cornflour, sugar and 75ml water to make a sauce

5

Add the spring onions to the peppers and paneer and continue stir frying for 2 minutes or until the spring onions are soft

6

Stir in the sauce and cook for 1 minute or until everything is coated in a thick sauce

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GOES GREAT WITH...

Plain rice or
noodles

EXTRAS
#11

ALSO WORKS A TREAT WITH...

- Diced chicken or tofu

RAISE YOUR GAME BY...

Adding a handful of cashew nuts
with the spring onions



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