

PANEER AND VEGETABLE CURRY

Wheat-free Gluten-free

Paneer is an unaged, acid-set, non-melting cheese made by curdling heated milk with lemon juice or other food acid. Unlike most cheeses in the world, the making of paneer does not involve rennet as the coagulation agent, thus making it completely lacto-vegetarian whilst still being a good source of protein.

Ingredients:

200gm paneer, cubed	1 large onion
1 ½ cups pumpkin, diced	2 potatoes, diced
2 large carrots, diced	½ cup frozen peas
1 can coconut milk	1 can brown lentils, drained & rinsed
300ml water	2 cloves of garlic, crushed
2cm ginger, grated	1 vegetable stock cube
1 tablespoon cumin seeds	1 tablespoon mustard seeds
Handful of whole curry leaves	Olive oil
2-3 dessertspoons yellow curry powder	

Marinade

2 tablespoons kecap manis (or soy sauce or tamari)
1 teaspoon cumin seeds, ground
1 teaspoon cardamom pods, ground
1 teaspoon coriander seeds, ground
Pepper, to taste

Method:

Mix together marinade ingredients. Add paneer and place in marinade.

Fry onion, garlic and fresh diced ginger in olive oil.

Add stock cube, curry powder, cumin seeds, mustard seeds and curry leaves until fragrant. Add cubed pumpkin, potato, carrot and fry together for few minutes. Add brown lentils, coconut milk and water. Add paneer.

Cover with lid and simmer for 25 minutes.

Add frozen peas and extra curry leaves a few minutes.

Serve with rice and garnish with fresh coriander.