

# MARLEY SPOON



## Indian Zucchini

Brown Rice Pilaf



20-30min



2 Portions

Paneer is a firm white cheese that is often used in Indian curries. Here, we've given it a quick searing and added to this vegetarian pilaf for a protein boost. The flavoursome rice is scented with garlic, ginger and our own spice mix and we've added in-season zucchini for freshness.



## What we send

- paneer cheese <sup>7</sup>
- garlic, ginger, coriander, mint
- brown basmati rice
- Indian spice mix <sup>1</sup>
- zucchini
- vegetable stock concentrate
- Lebanese cucumber
- slivered almonds <sup>15</sup>
- Greek-style yoghurt <sup>7</sup>
- onion

## What you'll require

- salt and pepper
- spray oil
- vegetable oil

## Utensils

- Kettle
- medium frypan
- medium saucepan
  
- Our veggies come straight from the farm, so please wash them before cooking.

## Cooking tip

Clean the coriander stems and roots well to discard any dirt.

## Allergens

Gluten (1), Milk (7), Tree Nuts (15).  
May contain traces of other allergens.

## Nutrition per serving

Energy 780.0kcal, Fat 39.6g, Proteins 34.3g, Carbs 66.2g



### 1. Prepare ingredients

Bring a kettle to the boil. Finely chop the **onion** and **garlic**. Peel and slice the **ginger** and cut into short matchsticks. Halve the **zucchini** lengthwise and cut into 1cm slices. Dissolve the **vegetable stock concentrate** with 500ml (2 cups) of boiling water in a jug.



### 4. Make raita

Meanwhile, finely chop the **cucumber** and place in a bowl with the **yoghurt**. Pick the **mint** leaves (discard stems) and finely chop. Add to the **yoghurt** and season. Stir to combine. You may need to add a little water to make a sauce consistency.



### 2. Start cooking

Heat 2 tsp **oil** in a medium saucepan over medium heat. Cook the **onion**, stirring, for 5 mins or until tender. Stir in the **garlic**, **ginger** and **spice mix** and cook for 30 secs or until fragrant.



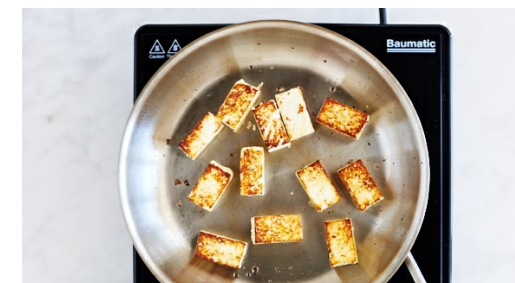
### 5. Prepare garnishes

Place the **almonds** in a medium frypan over medium heat. Cook, tossing, for 2-3 mins or until toasted. Set aside. Pick the **coriander** leaves and finely chop the stems and roots (see cooking tip). Drain the **paneer** and cut into chunks.



### 3. Add rice and stock

Add the **rice** and stir for 30 secs or until well coated. Add the **stock liquid**. Bring to the boil. Cover and reduce heat to a low simmer. Cook for 10 mins, add **zucchini** and cook for a further 5 mins or until stock is absorbed and rice is tender. Remove from heat and stand covered for 5 mins to steam.



### 6. Cook paneer

Lightly spray the same frypan with **oil** and heat over medium heat. Cook the **paneer** for 3-6 mins turning regularly until golden. Fluff up the **rice** with a fork and gently stir through the **chopped coriander**. Season with a little **salt**. Top the **pilaf** with the paneer and sprinkle with the almonds and coriander leaves. Serve with a dollop of **raita**.