

Tandoori Veges & PaneerV

If you stocked up your pantry as we suggested at the beginning of the book, you should have all of these spices right there and this marinade will take no time at all to mix up (or you could use curry powder from the supermarket). This is a great vegetarian dish on its own, and it also works well as a side dish to a meat meal (with or without the cheese).

Serves	4	Per serve	
Prep time	15 minutes	Carbs	16.9 g
Cook time	30 minutes	Protein	28.8 g
Difficulty	●●●	Fat	42.0 g
		Energy	548 Cal

INGREDIENTS

For the tandoori marinade:

- 1 cup plain unsweetened Greek-style yoghurt
- 1-2 tsp smoked paprika
- ½-1 tsp ground cumin
- ½-1 tsp ground coriander
- ¼- ½ tsp ground turmeric
- ¼ tsp chilli powder
- 2 cloves garlic, finely grated
- 2 tsp finely grated ginger

For the paneer and veges:

- 1 cauliflower, cut into small florets
- 2 cups peeled and roughly diced pumpkin (about ¼ of a pumpkin)
- 1-2 tbsp olive oil
- 200 g paneer (or halloumi)
- ½ cup pumpkin seeds
- 2 tbsp baby spinach leaves

METHOD

Pre-heat the oven to 180°C fan (210°C regular). Line an oven tray with baking paper.

Place all the tandoori marinade ingredients in a medium-sized bowl. Mix well to combine, then remove ½ cup of marinade and set aside in the fridge for serving. Move half of the remaining marinade to a separate medium-sized bowl.

Add the cauliflower and pumpkin to one bowl of marinade. Toss well to combine, then spread out over the baking tray and drizzle with the oil. Season with salt and freshly ground black pepper, and bake for 22-24 minutes until the vegetables are tender and lightly golden.

While the vegetables cook, dice the paneer (or halloumi) into 2 cm cubes and place in the other bowl of marinade. Mix gently until well covered and set aside until needed.

When the vegetables are nearly ready, heat a frying pan over a medium-high heat. Add the marinated cheese and cook, stirring occasionally, for 3-4 minutes until nicely golden all over. Add the pumpkin seeds to the pan and continue to cook for 1-2 minutes until the pumpkin seeds are heated through and begin to toast.

To serve, divide the tandoori cauliflower and pumpkin between plates. Top with the cheese and pumpkin seeds, and sprinkle with the baby spinach leaves. Drizzle over the reserved marinade.

