

Let's eat, Invercargill, and celebrate Neighbours Day

Your neighbour has shared this much-loved recipe for you to take, make and share with your friends, whānau and neighbours. Enjoy!

Rehan's Paneer (Indian Cheese) Curry

A flavorful dish that takes me back home. My grandmother's magic recipe, she could have cooked this with her eyes closed. I still remember the aroma of the spices lingering in the air as this dish was being prepared.



400 gm of Paneer (indian cottage cheese)

A pinch of coriander leaves

3 Tomatoes

2 Onions

1 Capsicum

3 cloves of Garlic

3 green chillies

1.5 tbsp of Red Chilli Powder

1 tsp of Turmeric Powder

1 tbsp of Curry Powder

1 tbsp of Ginger paste

1/2 tbsp of Sugar

3 tbsp of Full cream

2 tbsp of Butter

Olive Oil

Soak the block of paneer in lukewarm water for 30 mins until soft.

Cut the block of paneer into small square pieces

In a pan, add the proportion of butter (more can be used as per preference in taste) and bring it to a sizzle. To this pan, add garlic and green chillies. Saute until the chillies and garlic are mildly toasted. (Use a low heat to prevent the butter from burning)

Please turn over ...



Add the cut pieces of paneer to the pan and lightly simmer until golden brown and set aside.

In a separate pan, add oil and bring to a sizzle. Add the finely chopped onions and bring to a golden brown colour until caramelised. Add sugar and let it infuse with the onion.

Next add finely chopped tomatoes to the same dish with the onion and allow it to puree in the vessel until cooked. Add the red chilli powder, curry powder, turmeric powder, salt, pepper and ginger paste and mix thoroughly.

Once the onion and tomatoes are semi cooked and form a rich thick gravy, add finely chopped pieces of capsicum to the gravy. It's good to have a bit of crunch to the capsicums; don't overcook them.

Once the gravy is almost ready it's time to add the cottage cheese, cooked chillies and garlic. Add cream and mix well. Allow it to simmer on a low heat for about 20 mins with the gravy.

Garnish your dish with coriander and serve with soft bread or steamed rice.

