

# Paneer and Tomato Curry (4 people)



## Ingredients

- oil, for frying
- 1 onion, finely sliced
- 4 cloves garlic
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp curry powder
- 225g pack paneer, cut into cubes
- 1 green pepper, finely sliced
- 1 can chopped tomatoes
- 1 vegetable stock cube
- 100g frozen peas

## To serve

Handful fresh coriander leaves, basmati rice, naan, cucumber raita, tomato garnish, onion garnish and mango chutney.

## Method

1. Heat the oil in a heavy-based pan with a lid and then gently cook the onions until golden brown, for around 10 minutes on a low heat. Add a splash of water if necessary and stir from time to time.
2. Add a little more oil, the garlic, spices, paneer and pepper. Gently cook for 3 – 5 minutes more, coating everything in the spices.
3. Add a splash of water and scrape off any spices stuck to the bottom of the pan, then add the tomatoes, crumbled stock cube and peas. Bring to a simmer, turn down the heat. Put on the lid again and cook for 35 minutes, stirring occasionally. Serve with fresh coriander, basmati rice, naan and your favourite accompaniments.

