



# PANEER CURRY WITH COCONUT MILK, GREEN BEANS, AND RICE

FAST. EASY. FRESH.

**1.** In a small pot, combine the **rice**, 1 tsp. **sea salt**, and 3 cups water. Bring to a boil, reduce to a simmer, cover and cook for 12-15 minutes or until the rice is cooked and the moisture is absorbed.

**2.** Meanwhile, peel the **onion**, cut it in half, then dice it. Wash the **green beans**, snap the ends off, and then cut into 1-inch-long pieces. Peel the **carrots** and cut them into 1-inch sticks. Wash the **bok choy**, then cut into bite-sized pieces. Next, cut the **paneer** into cubes, about ½-inch in size. Slice the **lime** into wedges. Drain and rinse the **chickpeas**.

**3.** In a pan, heat the **canola oil** over medium heat. Add the **onion** and sauté 2-3 minutes. Add the **curry paste**, and brown, 1-2 minutes. Deglaze with the **water** and **vegetable bouillon**.

**4.** Add the **carrots** and **green beans**, and cook for 2-3 minutes. Next, add the **bok choy**, **chickpeas**, **paneer**, and **coconut milk**. Bring to a simmer and cook for a further 3-4 minutes.

**5.** Season to taste with sea salt and **black pepper**.

**6.** To serve, portion the **rice** into bowls or onto a deep-dish plate, add the paneer curry, and top with a squeeze of fresh lime and a few sprigs of **cilantro**. Enjoy!



## Ingredients (4 Person Serving – 963 Calories Per Serving)

Canola Oil	2 Tbsp.
Yellow Onion	1 Large
Mild Curry Paste	6 Tbsp.
Green Beans	250 g
Carrots	2 Large
Baby Bok Choy	4
Paneer	400 g
Chickpeas	1 398 ml Can

Coconut Milk	1 400 ml Can
Vegetable Bouillon	½ tsp.
Water	1 Cup
Basmati Rice	1 ½ Cups
Lime	1
Cilantro	Small Bunch
Salt and Pepper	To Taste

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Minute  
Cook  
Time!