



**GREEN  
CHEF**

## CURRIED “PANEER”

*cauliflower “rice,” peas, cilantro-lime crema*

### COOK TIME

20 MIN

### SERVINGS

2

### CALORIES PER SERVING

790

### NET CARBS PER SERVING

14 GRAMS

### MENU

KETO // GLUTEN-FREE

If you can believe it, this “paneer” over “rice” contains neither paneer nor rice! Our chefs took inspiration from these classic Indian ingredients and created a keto-friendly dish that’s bound to become a favorite. For those unfamiliar, *paneer* is a sturdy and unmeltable cheese most commonly found bobbing in *saag*, a silky spinach dish. Grilling cheese is similarly mild and milky, though it yields more to heat, resulting in soft and slightly melty bites. Here, it’s cubed and tossed with curry powder, then submerged in a creamy, curry-spiced tomato sauce studded with peas. It’s ladled atop tender, curry-spiced cauliflower “rice” and finished with a drizzle of raita—reminiscent cilantro-lime crema for a cooling contrast.



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group’s Gluten-Free Safe Spot Program.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

### INGREDIENTS (8 ITEMS)

8 oz **Grilling cheese** M  
 1½ tsp **Yellow curry powder**  
 6½ oz **Cauliflower “rice”**  
 5¼ oz **Curry-spiced tomato sauce**  
 ½ tsp **Crushed red pepper flakes**  
 1 oz **Cream cheese** M  
 2½ oz **Peas**  
 1½ oz **Spiced cilantro-lime crema with Greek yogurt** M

### WHAT YOU’LL NEED

medium nonstick pan  
 large sauté pan  
 medium bowl  
 measuring cup & spoons  
 cooking oil  
 2 tbsp butter M  
 salt & pepper

### ALLERGENS

M MILK

Wash and dry fresh produce. Go to [greenchef.com/faq](https://greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

## 1 SEASON CHEESE

- Medium dice **grilling cheese** into pieces, about ½ inch each.
- Place **cheese** in a medium bowl. Drizzle with about 1 teaspoon cooking oil. Season with about three-quarters of the **yellow curry powder**. Stir to evenly coat.

COOKING FOR  
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.



## 2 COOK CAULIFLOWER "RICE"

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **cauliflower "rice"** to hot pan. Season with remaining **curry powder**, about ¼ teaspoon salt, and a pinch of pepper. Cook 3-4 minutes, or until tender, stirring occasionally.



## 3 MAKE CURRY SAUCE

- Heat **curry-spiced tomato sauce** and about ½ cup water in a medium nonstick pan over medium-high heat. Season with **crushed red pepper flakes\***. Stir in **cream cheese** and 2 tablespoons butter. Bring to a simmer, then reduce heat to medium. Cook 2-3 minutes, or until thickened, stirring occasionally.

*\*If heat sensitive, use crushed red pepper flakes sparingly, or omit entirely.*



## 4 ADD CHEESE &amp; PEAS

- Add **cheese** and **peas** to pan with **curry sauce**. Gently stir to coat. Cook 2-4 minutes, undisturbed, until cheese and peas are warmed through.



## 5 PLATE YOUR DISH

- Divide **cauliflower "rice"** between bowls. Top with **curried "paneer" and peas**. Drizzle with **spiced cilantro-lime crema with Greek yogurt**. Enjoy!





## Nutrition Facts

2 Servings per container

**Serving size** (386g)

**Amount per serving**

**Calories** **790**

	% Daily Value*
<b>Total Fat</b> 60g	77%
Saturated Fat 31g	155%
Trans Fat 0g	
<b>Cholesterol</b> 140mg	47%
<b>Sodium</b> 1390mg	60%
<b>Total Carbohydrate</b> 20g	7%
Dietary Fiber 6g	21%
Total Sugars 7g	
Includes 0g Added Sugars	0%
<b>Protein</b> 37g	
Vitamin D 0mcg	0%
Calcium 853mg	70%
Iron 2mg	10%
Potassium 680mg	15%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### All ingredients in this recipe:

**Grilling Cheese** [pasteurized cow's milk, cheese cultures, salt, enzymes], **Cream Cheese** [cultured pasteurized skim milk and cream, whey protein, milk proteins, less than 2% salt, inulin (natural dietary fiber), natural acids, xanthan, locust bean and guar gums, potassium sorbate (maintains freshness)], **Peas** [peas], **Crushed Red Pepper Flakes**, **Curried Tomato Sauce** (Diced Tomatoes [organic tomatoes, organic tomato juice, sea salt, calcium chloride, citric acid], Tomato Paste [vine ripened organic tomatoes], Puréed Ginger [ginger], Ascorbic Acid [ascorbic acid]), **Yellow Curry Powder** [coriander, turmeric, cumin, mustard, fenugreek, cardamom, nutmeg, cayenne, cinnamon, clove], **Cauliflower**, **Cilantro-Lime Crema** (Cilantro, Greek Yogurt [pasteurized organic whole milk, organic sweet cream buttermilk, living yogurt cultures: L. acidophilous, L. bulgaricus, S. thermophilus, and Bifidobacterium lactis], Lime Juice [lime], Sea Salt, Ground Coriander, Granulated Garlic), **Tikka Masala Spice Blend** (Ground Coriander, Sweet Paprika, Turmeric, Garam Masala [cardamom, cinnamon, clove, cumin, black pepper, coriander], Ground Cumin)

### Allergen information:

Contains Milk

*Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.*

*Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.*