



**GREEN
CHEF**

CURRIED "PANEER"

cauliflower "rice," peas, spiced cilantro-lime crema

COOK TIME

20 MIN

SERVINGS

2

CALORIES PER SERVING

810

NET CARBS PER SERVING

16 GRAMS

MENU

KETO // GLUTEN-FREE

Our chefs took inspiration from Indian curries made with milky, slightly chewy paneer cheese to create this keto-friendly dish. Here, we're using grilling cheese, which is similarly mild but slightly more melty. It's tossed with curry powder, then simmered in a creamy, curry-spiced tomato sauce with peas. The curry is ladled atop cauliflower "rice" and finished with a drizzle of cilantro-lime crema that might remind you of raita.

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** 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



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.

Wash and dry fresh produce. Go to 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. Remove from heat.



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 sauce has thickened, stirring occasionally.

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



4 ADD CHEESE & PEAS

- Add **cheese** and **peas** to pan with **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**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (386g)

Amount per serving

Calories **810**

	% Daily Value*
Total Fat 61g	78%
Saturated Fat 32g	160%
Trans Fat 0g	
Cholesterol 150mg	50%
Sodium 1370mg	60%
Total Carbohydrate 23g	8%
Dietary Fiber 7g	25%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 37g	
Vitamin D 0mcg	0%
Calcium 851mg	70%
Iron 3mg	15%
Potassium 841mg	20%

* 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, Sour Cream [cultured cream], 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.

