

Mushroom and Paneer Curry

Servings: 4

Ingredients

2 tbsp olive oil
1 white onion, thinly sliced
2 garlic cloves, minced
500g, mixed mushrooms
thumb of fresh ginger, minced
1 red chilli, minced
1 x 400g can chopped tomatoes
1 x 400ml can coconut milk
200g paneer, cubed
1 tsp, ground turmeric
1 tsp, ground fenugreek seeds
1 tsp mustard seeds
2 tsp curry powder
1 tbsp mango chutney
fresh coriander to serve



Method

Preheat the oven to 200 degrees/ 180 fan.

Heat half the oil in a large casserole dish, over a medium heat. Add the mushrooms and cook for 5-8 mins or until softened and golden. Add the remaining oil along with your garlic, ginger, onion, chilli, spices and salt. Cook for a further 2-3 mins, by then the onions should be softened and the spices fragrant. Add the tinned tomatoes, mango chutney, and coconut milk stirring to combine. Allow to simmer until the liquid has begun to thicken, but isn't too thick (!) then scatter over all your paneer. Transfer over to the oven and cook for about 30 mins. When it's ready the paneer should be a golden colour and the curry will have thickened. Serve with basmati rice and fresh coriander.

