

# Paneer Tikka Masala

Creamy, complex, and flat out delicious, tikka masala is one of our favorite Indian recipes. We're making our version this week with seared paneer cheese, tender chickpeas, and fresh greens. Cooked up in just one pan, it's a twenty-minute dinner we love.

**20** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super-Easy*

## Getting Organized

### EQUIPMENT

Large Skillet

### FROM YOUR PANTRY

Salt and Pepper

### 5 MEEZ CONTAINERS

Paneer Cheese  
Seasoned Butter

Tikka Masala  
Sauce

Chickpeas &  
Tomatoes

Arugula &  
Spinach

## Add Protein Cooking Instructions

**CHICKEN** - Prior to Step 1, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Chicken Breasts and, when the oil is hot, cook until crisp and brown, about 4 to 5 minutes on each side. Let rest for 5 minutes. Slice into strips and stir into the sauce in Step 3.

**SHRIMP** -Prior to Step 1, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Shrimp and, when the oil is hot, cook until they are opaque and no longer grey in color, about 1 minute on each side. Stir into the sauce in Step 3.

If you added steak, we recommend serving it separately with salt & pepper. Cook in a skillet with 1 Tbsp oil over high heat to internal temperature of 145 (for medium doneness).

## Good to Know

**Health snapshot per serving** – 745 Calories, 20g Protein, 61g Fat, 37g Carbs, 26 Freestyle Points.

**Lightened up health snapshot per serving** – 560 Calories, 42g Fat, 33g Carbs, 18 Freestyle Points using 2/3 of the Butter and 2/3 of the Tikka Masala Sauce.

**SCAN QR CODE  
to view YouTube  
cooking video**



INGREDIENTS: Paneer Cheese, Spinach, Arugula, Chickpeas, Tomato, Butter, Cream, Cilantro, Garlic, Ginger, Garam Masala, Cayenne Pepper, Turmeric, Coriander, Lime, Sugar.

*meez* meals

### 1. Sear the Paneer Cheese

Slice the **Paneer Cheese** into ½ inch cubes. Add half the **Seasoned Butter** to a large skillet over medium heat. Once the butter is melted, add the cubed Paneer in a single layer. Lightly sprinkle with salt & pepper and cook, undisturbed, until the bottoms brown, about 3 minutes. Turn the cheese and cook until that side also browns, about 3 additional minutes. Remove the Paneer from the skillet and set aside. Do not wipe out the skillet.

*We are sending the Paneer Cheese uncut to maintain its freshness and taste.*

### 2. Make the Tikka Masala Sauce

Return the now-empty skillet to the stove over medium-high heat. Add the **Tikka Masala Sauce, Chickpeas & Tomatoes**, and remaining seasoned butter, and bring the entire mixture to a boil. Reduce the heat to medium and simmer until the sauce thickens slightly, about 4 minutes.

*Paneer will not melt when cooked.*

Add the **Arugula & Spinach** and stir, coating the veggies in the sauce. Work in batches if necessary and cook until the arugula & spinach has wilted. Remove from the heat.

*The Arugula & Spinach is bulky when uncooked but it reduces quickly. Add it to the skillet in batches.*

### 3. Put It All Together

Add the seared Paneer to the cooked veggies and sauce and mix well. Enjoy!

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**