

PANEER BAN MI

Spiral Expert



Preparation : 15 min - **Resting :** - - **Cooking :** 5 min - **Equipment :** Spiral Expert, Spaghetti cone

Ingredients : 4 PEOPLE

- 1 large carrot - 1 small mango, peeled and cut into small pieces - ½ chili, finely sliced - 10 g coriander leaves - 2 tbsp coconut oil, melted - 1 tsp plus 1 tbsp lime juice - 225 g paneer - 1 tsp curry powder - 4 small submarine rolls or mini baguettes - 75 g mayonnaise - sea salt - freshly ground black pepper

1. Spiralize the carrot using the SPAGHETTI cone. Cut into shorter lengths.
2. Place in a large bowl with the mango, chili and coriander. Add 1 tbsp of the coconut oil and 1 tsp lime juice; season.
3. Cut the paneer into thin slices 3cm long. Sprinkle with the curry powder; season.
4. Heat the remaining coconut oil in a pan and fry the paneer for 1-2 minutes on each side until golden brown. Cut the bread rolls lengthwise in halves. Combine the mayonnaise and remaining lime juice in a bowl. Spread on the rolls and fill with the paneer and the slaw.

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