



## Spicy Paneer Fingers with Dates and Almonds

 Vegetarian

READY IN



60 min.

SERVINGS



4

CALORIES



560 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups chicken stock see
- 1 cinnamon sticks
- 4 dates pitted chopped
- 1 tablespoon flat-leaf parsley fresh minced
- 2 cloves garlic minced
- 4 juice of lemon
- 4 servings kosher salt and pepper freshly ground
- 0.3 cup juice of lemon as needed freshly squeezed plus more , see cook's note\*

- 4 servings lemon zest
- 4 servings naan breads for serving
- 2 tablespoons olive oil extra-virgin
- 1 pinch hefty of pepper flakes red
- 1 shallots minced
- 2 tablespoons slivered almonds toasted
- 8 cups milk whole
- 4 servings cheesecloth
- 4 servings cheesecloth

## Equipment

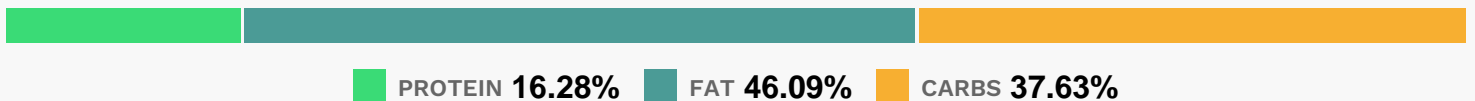
- frying pan
- pot
- colander
- cheesecloth

## Directions

- Grab a large nonstick skillet, pour the olive oil into it and pop it over medium-high heat until the oil is shimmering. Carefully lay the paneer into the pan and cook until golden brown on one side, 1 or 2 minutes (don't be too hasty to flip it though). If it doesn't release from the pan easily, then wait another 30 seconds because it hasn't browned enough.
- When the paneer is browned on both sides, remove it to a plate.
- Add the shallot and garlic; saute until the shallots are soft.
- Add the dates, chicken stock, cinnamon stick and red pepper flakes. Stir together, and then return the paneer to the pan. Make sure the liquid is at a gentle simmer. Cover and cook about 5 minutes.
- Check for seasoning. Depending on the chicken stock you used, you may or may not need to add salt and pepper.
- Remove the paneer to a plate and pour the sauce over top.
- Sprinkle with lemon zest, lemon juice, parsley and almonds.

- Serve immediately with a big chunk of naan or bread!
- Line a large colander with a large double layer of cheesecloth, and set it in your sink.
- In a large wide pot, bring the milk to a gentle boil over medium heat, stirring frequently to avoid burning the bottom (a nonstick pot works really well for this purpose). This will take a little while so be patient!
- Add the lemon juice and turn the heat down to low. Stirring gently, you should almost immediately see the curds (white milk solids) and whey (the greenish liquid) separate. Don't fret, this is perfect!
- Remove the pot from the heat and carefully pour the contents into the cheesecloth-lined colander. Gently rinse with cool water to get rid of the lemon flavor. At this point, you could squeeze out some of the liquid, and serve with some honey and some nuts, almost like a fresh ricotta!
- Grab the ends of the cheesecloth and twist the ball of cheese to squeeze out the excess whey. Tie the cheesecloth to your kitchen faucet and allow the cheese to drain for about 5 minutes.
- Twisting the ball to compact the cheese into a block, place it on a plate with the twisted part of the cheesecloth on the side (this will ensure your block of cheese is nice and smooth!) and set another plate on top. Weigh the second plate down with cans of beans or a heavy pot. Move to the refrigerator and let it sit about 20 minutes.

## Nutrition Facts



### Properties

Glycemic Index:49.25, Glycemic Load:11.56, Inflammation Score:-7, Nutrition Score:23.686956530032%

### Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 2.22mg, Eriodictyol: 2.22mg, Eriodictyol: 2.22mg, Eriodictyol: 2.22mg Hesperetin: 6.55mg, Hesperetin: 6.55mg, Hesperetin: 6.55mg, Hesperetin: 6.55mg Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg

0.04mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.28mg, Quercetin:  
0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

## Nutrients (% of daily need)

Calories: 559.57kcal (27.98%), Fat: 29.17g (44.88%), Saturated Fat: 11.14g (69.64%), Carbohydrates: 53.59g (17.86%), Net Carbohydrates: 51.02g (18.55%), Sugar: 32.7g (36.33%), Cholesterol: 64.64mg (21.55%), Sodium: 765.42mg (33.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.19g (46.38%), Calcium: 658.14mg (65.81%), Phosphorus: 564.57mg (56.46%), Vitamin B2: 0.85mg (49.91%), Vitamin B12: 2.64µg (43.92%), Vitamin D: 5.37µg (35.79%), Potassium: 1024.3mg (29.27%), Vitamin C: 20.37mg (24.69%), Vitamin B1: 0.35mg (23.2%), Vitamin B6: 0.45mg (22.67%), Vitamin K: 22.88µg (21.79%), Magnesium: 85.37mg (21.34%), Vitamin B5: 1.98mg (19.79%), Selenium: 12.7µg (18.14%), Vitamin E: 2.68mg (17.87%), Vitamin A: 892.34IU (17.85%), Manganese: 0.36mg (17.81%), Zinc: 2.44mg (16.26%), Vitamin B3: 2.77mg (13.85%), Fiber: 2.58g (10.3%), Copper: 0.16mg (7.89%), Folate: 22.36µg (5.59%), Iron: 0.83mg (4.6%)