Tomato, Paneer and Spinach Plates

2 paneer plates, each with half the cheese, vegetables and sauce and 60 g (2.1 oz) naan | Active 18 min | Cook 12 min | Total 35 min

Ingredients

- 300 g (10.6 oz) ripe tomatoes, washed and cut into 1 cm (3/8 in) pieces, all juices retained
- 225 g (7.9 oz) plain commercially packaged paneer made with pasteurized milk, refrigerated, drained and cut into 1 cm (3/8 in) cubes; follow all package handling and cooking instructions
- 100 g (3.5 oz) fresh baby spinach, washed and drained
- 45 ml (3 US tbsp) water
- 5 g fresh ginger, peeled and finely grated
- 5 g garlic, about 1 large clove, finely grated
- 10 ml (2 US tsp) olive oil
- 1 g ground cumin, about 1/2 US tsp
- 0.5 g ground turmeric, about 1/4 US tsp
- 1 g sweet paprika, about 1/2 US tsp
- 0.5 g fine salt, a small pinch
- 120 g (4.2 oz) ready-to-eat soft naan, divided 60 g (2.1 oz) per person

Set out

1000 W microwave with turntable, Microwave-safe bowl, 2 L (2.1 US qt) capacity, with vented cover, Microwave-safe plate for naan, Microwave-safe plate cover, Knife and board, Fine grater, Spoon, Kitchen scale and measuring jug, Food thermometer, Oven mitts, Two serving bowls

Allergens

Milk, Wheat. Check labels and substitutions.

Make it

1. Put tomatoes and their juice, water, ginger, garlic, olive oil, cumin, turmeric, paprika and salt in the 2 L bowl. Cover with the vented cover and microwave at 1000 W full power for 3 minutes. Stir, then cook 1-2 minutes more until the tomatoes are fully soft and juicy.

2. Fold in all the paneer cubes and spinach. Cover again and microwave at 70% power for 2 minutes. Stir gently from the bottom to distribute the wilting leaves and cheese. Continue at 70% power in 1-minute bursts for about 2-4 minutes more, until the spinach has fully wilted and 165°F/74°C is reached in the center and several other areas. Add extra bursts and recheck if needed.

3. Leave the covered bowl outside the oven for 2 minutes. During that stand, warm the measured ready-to-eat naan on a covered microwave-safe plate at full power for 20 seconds, turn and heat 10-20 seconds more if needed. Follow a longer full naan label instruction if required and allow the extra time.

4. Divide all the paneer, spinach, tomato and sauce between two bowls. Serve 60 g warm naan with each. The paneer remains pale distinct cubes; no cream swirl, toasted spices or extra herb garnish is part of the portion.

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No fried-cheese stage

Covered microwave heating does not create a seared paneer surface. Gentle bursts and stirring keep the small cubes distinct while the spinach wilts.

Bread is measured

The batch includes 120 g ready-to-eat naan, split 60 g per person. Follow its full warming instructions rather than inventing a second appliance or leaving the side quantity open.

Ingredient labels

Naan may also contain eggs, sesame, soy or additional allergens. Read the actual paneer and bread labels; the tofu variation contains soy.

A useful detail

The 35-minute estimate allows chopping and grating, up to 5 minutes tomato heating, 6 minutes gentle cheese-spinach heating and less than 1 minute naan warming, plus the covered stand and serving. Naan warms during the main bowl's stand. Longer product-label instructions or extra temperature-check bursts extend the clock. Use pasteurized commercially packaged paneer and complete any additional label cooking requirements; a longer or separate specified process extends the estimate.

Another way

Replace paneer with 225 g (7.9 oz) ready-to-eat pasteurized firm tofu in small cubes, with a label permitting ready-to-eat use. Soy replaces milk in that component, but naan may still contain milk.

Use 100 g (3.5 oz) washed finely sliced fresh Swiss chard leaves, tough stalk removed, instead of spinach. It may need an additional short burst to become tender.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below, or a colder temperature if the cheese label requires it. Use within 2 days or sooner if a product label directs. Keep naan separate. Reheat once, covered with gentle stirring, until 165°F/74°C throughout, then stand covered for 2 minutes.