

# Eat The View

## Recipes and Tips

### **Paneer and Chickpeas in a Spiced Tomato Sauce**

5oz paneer or halloumi, cut into cubes  
1 onion, thinly sliced  
2 garlic cloves, finely chopped  
½ teaspoon ground chilli powder  
½ teaspoon ground turmeric  
½ teaspoon ground ginger  
½ teaspoon ground cumin  
¼ teaspoon cinnamon  
½ teaspoon salt  
¼ teaspoon sugar  
1 can chopped tomatoes  
1 can chickpeas, drained

The trick to frying cheese without it sticking is to use a hot pan, so heat a large frying pan on medium-high until very hot. Add 1 tablespoon of olive oil and swirl to coat the base. Add the cheese and fry until golden on each side. Transfer the cooked cheese to a plate

Add the onions to the same pan and stir until slightly softened. Add the garlic, chilli powder, turmeric, ginger, cumin and cinnamon and stir until fragrant, about 30 seconds. Add the salt, sugar, tomatoes and chickpeas and stir well to combine.

Cover and cook on medium, stirring occasionally and reducing the heat as necessary, until the tomatoes have thickened up, 8 to 10 minutes.

Place the cheese on top of the sauce and cook just until warmed through.

Serve with flatbread or rice.