

The Mango Paneer

Mango Chutney Glazed Paneer Burger, Caramelised Onion, Cumin Chips and Slaw Salad

Veggie Craft Burger

35-40 Minutes • Mild Spice • 2 of your 5 a day • Veggie



Potatoes



White Cumin Seeds



Onion



Baby Gem Lettuce



Burger Buns



Cider Vinegar



Mayonnaise



Paneer



North Indian Style Spice Mix



Coleslaw Mix



Mango Chutney

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil, Sugar

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Baking tray, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
White Cumin Seeds	1 sachet	1 sachet	2 sachets
Onion**	1	1	2
Baby Gem Lettuce**	1	1½	2
Burger Buns 13	2	3	4
Cider Vinegar 14	15ml	22ml	30ml
Mayonnaise 8 9	64g	96g	128g
Paneer** 7	226g	339g	452g
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Coleslaw Mix**	120g	180g	240g
Mango Chutney	40g	60g	80g
Pantry	2P	3P	4P
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Sugar for the Onions*	½ tsp	½ tsp	1 tsp
Oil for Cooking*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	650g	100g
Energy (kJ/kcal)	4294/1026	661/158
Fat (g)	51.5	7.9
Sat. Fat (g)	22.0	3.4
Carbohydrate (g)	106.7	16.4
Sugars (g)	31.9	4.9
Protein (g)	36.7	5.7
Salt (g)	1.95	0.30

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **8)** Egg **9)** Mustard **13)** Cereals containing gluten
14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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Make the Cumin Chips

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with **oil**, sprinkle over the **cumin seeds**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

TIP: Use two baking trays if necessary.

When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



Fry your Paneer

Once the **onions** are golden, add the **sugar for the onions** (see pantry for amount) and the remaining **North Indian style spice mix** to the pan.

Cook until fragrant and caramelised, 1-2 mins more, then transfer to a small bowl.

Pop the (now empty) frying pan back on medium heat with the **oil** for cooking (see pantry for amount).

Once hot, add the **paneer slices** to the pan and fry until golden all over, 5-8 mins. Turn regularly to brown evenly.



Caramelize the Onions

Meanwhile, halve, peel and thinly slice the **onion**.

Heat a drizzle of **oil** in a large frying pan on medium heat.

Once hot, add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden, 10-12 mins.



Mix the Slaw Salad

Meanwhile, add the **coleslaw mix** and **sliced baby gem** to the bowl of **dressing**. Toss together and set aside.

A couple of mins before everything's ready, pop the **burger buns** into the oven to warm through, 2-3 mins.

Once the **paneer** is golden, remove from the heat. Drizzle over the **mango chutney** and turn to coat the **paneer**.



Prep Time

While the **onion** cooks, trim the **baby gem**, halve lengthways, then thinly slice. Halve the **burger buns**.

In a large bowl, combine the **cider vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts) and **half** the **mayo**. Season with **salt** and **pepper**, then mix well. Set aside for later.

Cut the **paneer** widthways into 2cm slices. Sprinkle over **half** the **North Indian style spice mix** and season with **salt** and **pepper**.



Assemble and Serve

When everything's ready, top the **bun bases** with the **glazed paneer**, **caramelised onions** and some **slaw salad**.

Spread the remaining **mayo** over the **bun lids**, then sandwich shut.

Serve your **craft burgers** with the **cumin chips** and remaining **slaw salad** alongside.

Enjoy!