



Quick Butter Paneer Masala

with Mustard Seed Green Beans and Garlic Rice

Bestseller 20-25 Minutes • Mild Spice • 1 of your 5 a day

40



Garlic Clove



Paneer



Basmati Rice



Green Beans



Tomato Puree



North Indian Style
Spice Mix



Vegetable Stock Paste



Mustard Seeds



Creme Fraiche



Baby Spinach

Pantry Items

Oil, Salt, Pepper, Oil, Sugar, Butter

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

Kettle, garlic press, saucepan, frying pan, kitchen paper, sieve and lid.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	4	6
Paneer** 7)	226g	339g	452g
Basmati Rice	150g	225g	300g
Green Beans**	80g	150g	200g
Tomato Puree	30g	45g	60g
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Vegetable Stock Paste	10g	15g	20g
Mustard Seeds 9)	1 sachet	2 sachets	2 sachets
Crème Fraiche** 7)	75g	150g	150g
Baby Spinach**	40g	80g	80g
Pantry	2P	3P	4P
Oil for Cooking*	½ tbsp	¾ tbsp	1 tbsp
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	100ml	150ml	200ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	383g	100g
Energy (kJ/kcal)	3935/940	1029/246
Fat (g)	56.1	14.7
Sat. Fat (g)	32.9	8.6
Carbohydrate (g)	75.8	19.8
Sugars (g)	11.0	2.9
Protein (g)	34.7	9.1
Salt (g)	1.96	0.51

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 9) Mustard

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, mollusc, 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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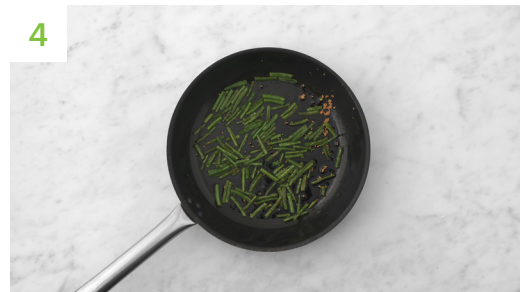
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Cook the Garlic Rice

- Boil a half-full kettle. Peel and grate the **garlic** (or use a garlic press).
- Meanwhile, cut the **paneer** into 2cm cubes.
- Heat the **oil for cooking** (see pantry for amount) in a deep saucepan on medium heat. Once hot, add **half the garlic** and fry for 1 min. Stir in the **rice** and cook until coated, 1 min.
- Add **¼ tsp salt** and the **boiled water** and cook for 10-12 mins.



Bring on the Beans

- While everything cooks, heat a drizzle of **oil** in another frying pan on medium-high heat.
- Once hot, add the **green beans**. Season with **salt** and **pepper**, then stir-fry until starting to char, 2-3 mins.
- Stir in the **mustard seeds** and cook for 1 min.
- Add a splash of **water** and immediately cover with a lid or some foil. Allow to cook until the **beans** are tender, 4-5 mins. Drain any excess water, then remove from the heat and keep covered.



Fry the Paneer

- Meanwhile, heat a generous drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **paneer** and fry until golden all over, 5-8 mins. Season with **salt** and **pepper**. Turn regularly to brown it evenly. Once the **paneer** is golden, transfer to a plate lined with kitchen paper.
- Meanwhile, trim the **green beans**, then cut into thirds.
- Once the **rice** has cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Finish the Curry

- Once the **sauce** has reduced, stir in the **crème fraiche**.
- Bring to the boil. Add the **spinach** a handful at a time until wilted and piping hot, 1-2 mins.
- Stir in the **paneer** and **butter** (see pantry for amount) until melted. Remove from the heat.
- Taste and add **salt** and **pepper** if needed.



Simmer and Spice

- Pop the (now empty) pan back on medium high heat with a drizzle of **oil**.
- Add the **tomato puree**, **North Indian style spice mix** and remaining **garlic**. Fry until fragrant, 1 min.
- Add the **sugar** and **water for the sauce** (see pantry for both amounts). Stir in the **veg stock paste**.
- Bring to the boil, then turn the heat down slightly and simmer until thickened, 3-5 mins.



Serve

- Share the **garlic rice** between your bowls.
- Top with the **butter paneer masala** and **mustard seed green beans**.

Enjoy!