



# Sticky Curried Paneer Burger

with Caramelised Mango Onions, Chips and Slaw Salad

A Little Extra 35-40 Minutes • Mild Spice • 1 of your 5 a day • Veggie

36



Potatoes



Onion



Burger Buns



Lime



Mango Chutney



Cider Vinegar



Mayonnaise



Paneer



Korma Curry Paste



Coleslaw Mix



Baby Leaf Mix

#### Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

## 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
Onion	1	1	2
Burger Buns <b>13</b>	2	3	4
Lime**	1	1	1
Mango Chutney	40g	60g	80g
Cider Vinegar <b>14</b>	15ml	22ml	30ml
Mayonnaise <b>8</b> <b>9</b>	32g	48g	64g
Paneer** <b>7</b>	226g	339g	452g
Korma Curry Paste <b>9</b>	50g	75g	100g
Coleslaw Mix**	120g	180g	240g
Baby Leaf Mix**	20g	50g	50g
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
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	657g	100g
Energy (kJ/kcal)	4301/1028	655/157
Fat (g)	51.3	7.8
Sat. Fat (g)	22.4	3.4
Carbohydrate (g)	105.4	16.1
Sugars (g)	32.9	5.0
Protein (g)	36.5	5.6
Salt (g)	3.06	0.47

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, 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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## Make the 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**, 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

Give the pan a quick wipe then 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.

Add the **korma curry paste** to the pan and fry until fragrant, 1 min. Turn the **paneer slices** to evenly coat in the **korma curry paste**, then remove from the heat.



## 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.

While the **onion** cooks, halve the **burger buns**. Cut the **lime** into wedges.



## Mix the Slaw Salad

Meanwhile, add the **coleslaw mix** 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.

Mix the **baby leaves** through the **salad**.



## Prep Time

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

Cut the **paneer** widthways into 6 even slices.

Once the **onions** are golden, add the **mango chutney** to the pan and stir it through. Cook until caramelised and sticky, 1-2 mins more, then transfer to a small bowl.



## Assemble and Serve

When everything's ready, top the **bun bases** with the **curried paneer**, **mango onions** and some **salad**.

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

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

## Enjoy!