



Curried Paneer Dahl Pie

with Puff Pastry Top

CLASSIC 40 Minutes • Little Heat • 2 of your 5 a day • Veggie

N° 5



Onion



Carrot



Garlic Clove



Lentils



Paneer



Tomato Purée



Pasanda Seasoning



Coconut Milk



Vegetable Stock Powder



Puff Pastry Sheet



Spring Onion

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Fine Grater (or Garlic Press), Sieve, Frying Pan, Measuring Jug and Ovenproof Dish.

Ingredients

	2P	3P	4P
Onion**	1	1	2
Carrot**	1	2	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Lentils	1 carton	1½ cartons	2 cartons
Paneer 7)**	1 block	1½ blocks	2 blocks
Tomato Purée	1 sachet	2 sachets	2 sachets
Pasanda Seasoning	1 small pot	¾ large pot	1 large pot
Coconut Milk	200ml	300ml	400ml
Water for the Lentils*	100ml	150ml	200ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Puff Pastry Sheet 13)	½ roll	¾ roll	1 roll
Spring Onion**	1	2	2

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	588g	100g
Energy (kJ/kcal)	4592 /1098	781 /187
Fat (g)	72	12
Sat. Fat (g)	47	8
Carbohydrate (g)	69	12
Sugars (g)	17	3
Protein (g)	42	7
Salt (g)	3.34	0.57

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soy, Gluten & Sulphites.

Contact

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You can recycle me!



Packed in the UK



1. Get Prepped

Preheat your oven to 220°C. Halve, peel and thinly slice the **onion**. Trim the **carrot** (no need to peel), quarter lengthways. Chop widthways into 1cm pieces. Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **lentils** in a sieve. Heat a drizzle of **oil** in a frying pan on medium-high heat. While the pan gets hot, chop the **paneer** into 2cm chunks.



4. Assemble the Pie

Once the **lentil mixture** is cooked, taste and add **salt** and **pepper** if you feel it needs it, then transfer it to an appropriately sized pie dish. Cover with the **puff pastry**, trimming off any excess. Press some of the **pastry** over the side of the dish if you can, or just sit it on top. Make a small hole in the middle - this allows the steam to escape.



2. Fry the Paneer

Once hot, add the **paneer** to the pan, season with **salt** and **pepper**. Fry until golden all over, 4-6 mins. Turn every 1-2 mins. Once the **paneer** is golden, remove to a bowl and pop your pan back on medium-high heat. Add a drizzle of **oil** if the pan is dry. Add the **onion** and **carrot** to the pan and fry until softened, 4-5 mins. Stir occasionally.



5. Chop the Spring Onions

Bake your **pie** on the top shelf of your oven until golden brown, 15-20 mins. In the meantime, trim the **spring onion** and thinly slice. Get your washing up done!



3. Simmer!

Season the **veg** with **salt** and **pepper**, then add the **garlic**, **tomato purée** and **pasanda spice mix** (add less spice if you don't like it too hot) along with the **paneer**. Stir and cook for one minute, then pour in the **coconut milk**, **water** (see ingredients for amount), **vegetable stock powder** and **lentils**. Bring to the boil and simmer until the **mixture** has thickened, 6-8 mins. Stir occasionally and add a splash more **water** if you need to.



6. Serve

Once it's out of the oven, allow the **pie** to stand for 2 mins. Serve in bowls with the **spring onion** sprinkled on top.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.