

Curried Paneer Dahl Pie

with Puff Pastry Top

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









Garlic Clove



Carrot









Tomato Purée



Pasanda Seasoning



Coconut Milk



Vegetable Stock Powder



Spring Onion



Before you start

Our fruit, veggies and herbs need a wash before vou 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

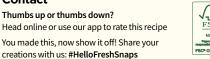
Please remember to check your ingredient packaging for information on allergens and traces of allergens!

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).

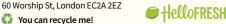
Boxes are packed in facilities that handle Peanut, Nut. Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

Thumbs up or thumbs down? Head online or use our app to rate this recipe You made this, now show it off! Share your



HelloFresh UK The Fresh Farm 60 Worship St, London EC2A 2EZ



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.



2. Frv 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.



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.



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.



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!



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.