



Curried Paneer Dal Pie with Puff Pastry Top

Classic 40 Minutes • Little Spice • 2 of your 5 a day • Veggie

20



Onion



Carrot



Garlic Clove



Brown Lentils



Paneer



Tomato Puree



Pasanda Style Seasoning



Coconut Milk



Vegetable Stock Paste



Puff Pastry Sheet



Spring Onion

Before you start

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

Cooking tools, you will need:

Garlic Press, Sieve, Frying Pan and Ovenproof Dish.

Ingredients

	2P	3P	4P
Onion**	1	1	2
Carrot**	1	2	2
Garlic Clove**	2	3	4
Brown Lentils	1 carton	1½ cartons	2 cartons
Paneer** (7)	226g	339g	452g
Tomato Puree	1 sachet	2 sachets	2 sachets
Pasanda Style Seasoning	1 pot	2 pot	2 pot
Coconut Milk	200ml	300ml	400ml
Water*	100ml	150ml	200ml
Vegetable Stock Paste (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	554g	100g
Energy (kJ/kcal)	4411/ 1054	796/ 190
Fat (g)	69	12
Sat. Fat (g)	45	8
Carbohydrate (g)	67	12
Sugars (g)	19	3
Protein (g)	38	7
Salt (g)	2.38	0.43

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

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HelloFresh UK

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 You can recycle me!



Get Prepped

Preheat your oven to 220°C. Halve, peel and thinly slice the **onion**. Trim the **carrot** (no need to peel), then 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.



Assemble the Pie

Once the **lentil mixture** is cooked, taste and add **salt** and **pepper** if needed, 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. **TIP:** Brush the **pastry** with a little **milk** if you have some.



Fry the Paneer

Once hot, add the **paneer** to the pan and season with **salt** and **pepper**. Fry until golden all over, 4-6 mins. Turn every 1-2 mins. Once the **paneer** is golden, transfer 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.



Slice the Spring Onions

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



Simmer

Season the **veg** with **salt** and **pepper**, then add the **garlic**, **tomato puree** and **pasanda style seasoning** (add less if you don't like heat) along with the **paneer**. Stir and cook for 1 min, then pour in the **coconut milk**, **water** (see ingredients for amount), **vegetable stock paste** 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.



Serve

Once baked, 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.