



Curried Paneer Dal Pie with Puff Pastry Top

Classic 40-45 Minutes • Mild Spice • 1 of your 5 a day

19



Puff Pastry Sheet



Carrot



Brown Lentils



Tomato Puree



Coconut Milk



Spring Onion



Red Onion



Garlic Clove



Paneer



Pasanda Style Seasoning



Vegetable Stock Paste



Broccoli Florets

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, sieve, frying pan, bowl, ovenproof dish and colander.

Ingredients

	2P	3P	4P
Puff Pastry Sheet** 13	½ roll	¾ roll	1 roll
Red Onion**	1	1	2
Carrot**	1	2	2
Garlic Clove**	2	3	4
Brown Lentils	1 carton	1½ cartons	2 cartons
Paneer** 7	1 pack	1½ packs	2 packs
Tomato Puree	1 sachet	2 sachets	2 sachets
Pasanda Style Seasoning	2 small pots	1 large pot	2 large pots
Coconut Milk	200ml	300ml	400ml
Water for the Dal*	100ml	150ml	200ml
Vegetable Stock Paste 10	10g	15g	20g
Spring Onion**	1	2	2
Broccoli Florets**	200g	300g	400g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	553g	100g
Energy (kJ/kcal)	4451/1064	806/193
Fat (g)	69	13
Sat. Fat (g)	46	8
Carbohydrate (g)	68	12
Sugars (g)	17	3
Protein (g)	39	7
Salt (g)	2.43	0.44
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	653g	100g
Energy (kJ/kcal)	4610/1102	707/169
Fat (g)	70	11
Sat. Fat (g)	47	8
Carbohydrate (g)	70	11
Sugars (g)	19	3
Protein (g)	43	7
Salt (g)	2.45	0.44

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 13) Cereals containing Gluten

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, milk, egg, mustard, celery, soya, 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.

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Get Prepped

Preheat your oven to 220°C. Remove the **puff pastry** from your fridge. Halve, peel and thinly slice the **red 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.



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 golden, transfer to a bowl and pop your pan back on medium-high heat. Add a drizzle of **oil** if the pan is dry, then add the **onion** and **carrot** and fry until softened, 4-5 mins. Stir occasionally.



Simmer the Sauce

Season the **veg** with **salt** and **pepper**, then add the **garlic**, **tomato puree** and **pasanda style seasoning** (add less seasoning if you don't like it too hot) along with the **fried paneer**. Stir and cook for 1 min, then pour in the **coconut milk**, **water for the dal** (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.



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 ovenproof 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. Bake your **pie** on the top shelf of your oven until golden brown, 15-20 mins.



Garnish Time

In the meantime, trim and thinly slice the **spring onion**.

CUSTOM RECIPE

If you've chosen to add **broccoli florets** to your meal, bring a medium saucepan of **water** to the boil with ½ **tsp salt** after prepping the **spring onion**. When the **pie** has 5 mins of cooking time left, add the **broccoli** to the boiling **water** and cook until tender, 3-5 mins. Drain in a colander, then serve with the **pie**.



Serve

Once baked, allow the **pie** to stand for 2 mins. Serve in bowls with the **spring onion** sprinkled on top.

Enjoy!