



# Indo-Chinese Style Chilli Paneer with Stir-Fried Veg and Basmati Rice

Classic 30 Minutes • Mild Spice • 1 of your 5 a day • Veggie

21



Bell Pepper



Red Onion



Garlic Clove



Spring Onion



Paneer



Cornflour



Chinese Five Spice



Basmati Rice



Soy Sauce



Sriracha

## 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, bowl, measuring jug, saucepan, lid, frying pan and kitchen paper.

## Ingredients

	2P	3P	4P
Bell Pepper***	1	1½	2
Red Onion**	1	1	2
Garlic Clove**	2	3	4
Spring Onion**	2	3	4
Paneer** (7)	1 pack	1½ packs	2 packs
Cornflour	20g	30g	50g
Chinese Five Spice	1 pot	1 pot	2 pots
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Olive Oil for the Paneer*	1 tbsp	1½ tbsp	2 tbsp
Tomato Ketchup*	5 tbsp	7 tbsp	10 tbsp
Honey*	2 tbsp	3 tbsp	4 tbsp
Sugar for the Sauce*	3 tsp	4 tsp	6 tsp
Water for the Sauce*	75ml	100ml	150ml
Soy Sauce (11) (13)	25ml	50ml	50ml
Sriracha	1 sachet	2 sachets	2 sachets

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	442g	100g
Energy (kJ/kcal)	3845/919	869/208
Fat (g)	36	8
Sat. Fat (g)	20	5
Carbohydrate (g)	115	26
Sugars (g)	39	9
Protein (g)	34	8
Salt (g)	3.97	0.90

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 11) Soya 13) 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.

## Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps


Head to [hellofresh.co.uk](https://hellofresh.co.uk) or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



## Get Prepped

Halve the **pepper** and discard the core and seeds. Halve and peel the **red onion**. Chop both into 2cm chunks. Peel and grate the **garlic** (or use a garlic press). Trim and thinly slice the **spring onion**. Chop the **paneer** into 2cm cubes. Put the **cornflour** into a medium bowl, season with **black pepper** and add **half** the **Chinese Five Spice**. Mix together, then add the **paneer** and toss to coat evenly.



## Cook the Rice

Pour the **cold water for the rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid. Stir in the **rice** and **¼ tsp salt**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## Fry the Paneer

Meanwhile, heat the **olive oil for the paneer** (see ingredients for amount) in a large frying pan on medium-high heat. Once hot, add the **paneer** to the pan (discard any remaining **cornflour** left in the bowl). Fry until golden all over, 5-8 mins. Carefully turn every 1-2 mins to brown them evenly. Once the **paneer** is golden, transfer to a plate lined with kitchen paper.



## Stir-fry the Veg

Wipe out your pan if necessary, then pop back on medium-high heat with a drizzle of **oil**. Add the **pepper** and **onion** and season with **pepper**. Stir-fry until golden and slightly charred, 5-7 mins. Meanwhile, mix together the **ketchup**, **honey**, **sugar** and **water for the sauce** (see ingredients for all amounts) with the **soy sauce**, **garlic**, **sriracha** and remaining **Chinese Five Spice** in a medium bowl.



## Sauce Time

Pop the **fried paneer** back into the pan and stir in the **sauce**. Bring to the boil then simmer until thickened, 2-3 mins. Remove the pan from the heat. Taste and add more **salt**, **sugar** and **pepper** if needed. **TIP:** Add a splash of water if it's a bit too thick.



## Finish and Serve

Fluff up the **rice** with a fork, then divide between your bowls. Top with the **chilli paneer**, spoon over the remaining **sauce** from the pan, then finish with a sprinkling of **spring onions**.

## Enjoy!