



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

Classic 30-35 Minutes • Medium Spice • 2 of your 5 a day • Veggie

4



Bell Pepper



Red Onion



Garlic Clove



Spring Onion



Paneer



Cornflour



Chinese Five
Spice



Basmati Rice



Soy Sauce



Sriracha



Honey

Pantry Items

Oil, Salt, Pepper, Olive Oil, Tomato Ketchup

Before you start

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

Cooking tools

Garlic press, bowl, saucepan, lid, frying pan and kitchen paper.

Ingredients

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	10g	20g	20g
Chinese Five Spice	1 sachet	1 sachet	2 sachets
Basmati Rice	150g	225g	300g
Soy Sauce 11) 13)	25ml	50ml	50ml
Sriracha	1 sachet	2 sachets	2 sachets
Honey	2 sachets	3 sachets	4 sachets

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Olive Oil for the Paneer*	1 tbsp	1½ tbsp	2 tbsp
Tomato Ketchup*	4 tbsp	6 tbsp	8 tbsp
Water for the Sauce*	75ml	100ml	150ml

*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

Typical Values	Per serving	Per 100g
for uncooked ingredient	445g	100g
Energy (kJ/kcal)	3688/881	828/198
Fat (g)	36.6	8.2
Sat. Fat (g)	20.5	4.6
Carbohydrate (g)	104.8	23.5
Sugars (g)	34.7	7.8
Protein (g)	34.3	7.7
Salt (g)	4.26	0.96

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 11) Soya 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.

Contact

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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 bowl, season with **pepper** and add **half the Chinese Five Spice**. Mix together, then add the **paneer** and toss to coat evenly.



Stir-Fry the Veg

Wipe out your pan if necessary, then pop back on medium-high heat with a drizzle of **oil**.

Once hot, add the **pepper** and **onion** and season with **pepper**. Stir-fry until golden and slightly charred, 5-7 mins.

Meanwhile, mix together the **soy sauce**, **garlic**, **sriracha**, **honey**, **ketchup** and **water for the sauce** (see pantry for both amounts) and remaining **Chinese Five Spice** in a medium bowl. **TIP:** If your **honey** has hardened, pop it in a bowl of hot water for 1 min.



Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil.
Once boiling, turn the heat down to medium and cover with the lid.

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).



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 from the heat, then taste and add more **salt**, **pepper** and a pinch of **sugar** (if you have any) if needed.

Add a splash of **water** if it's a bit too thick.



Fry the Paneer

Meanwhile, heat the **olive oil for the paneer** (see pantry 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) and fry until golden all over, 5-8 mins. Carefully turn every 1-2 mins.

Once the **paneer** is golden, transfer to a plate lined with kitchen paper.



Finish and Serve

Fluff up the **rice** with a fork, then share between your bowls.

Top with the **chilli paneer**, spooning over the remaining **sauce** from the pan, then finish with a sprinkling of **spring onions**.

Enjoy!