



# MANGO GLAZED PANEER BURGER

with Sweet Potato Fries and Raita



## HELLO MINT

Mint comes in over 30 varieties. The common garden mint is actually Spearmint.



Sweet Potato Fries



Paneer



Red Onion



Mint



Lime



Greek Yoghurt



Curry Powder



Mango Chutney



Burger Bun

MEAL BAG

20 mins

Rapid recipe

1 of your 5 a day

Little heat

Paneer is a cheese typically used in Indian, Iranian and Afghan cooking. It's a versatile cheese thanks to its mild flavour and dense crumbly texture that goes well with intense flavours, making it perfect for this recipe. Pan-fried with a sprinkle of curry powder and combined with mango chutney and a squeeze of lime, this is a vegetarian dish not shy on flavour. With a side of sweet potato and raita - another staple of the Indian cuisine - this is not your average burger and chips.

GET **PREPARED!**

Preheat the oven to 200°C.

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# BEFORE YOU START

Preheat the oven to **200°C**. Wash the veggies. Make sure you've got a **Baking Tray, Fine Grater** and **Large Frying Pan**. Let's start cooking the **Mango Glazed Paneer Burger with Sweet Potato Fries and Raita**.



## 1 ROAST THE FRIES

- Pop the **sweet potato fries** onto a baking tray and drizzle with **oil**. Season with **salt** and **pepper**.
- Toss to coat the **fries** in the **seasoning** and roast on the top shelf of your oven until soft and golden, 18 mins.
- Turn halfway through cooking.



## 4 MAKE THE RAITA

- Meanwhile, in another small bowl, mix the **Greek yoghurt** with the **mint** and **lime zest**.
- Season with **salt** and **pepper** to taste.
- Keep to one side - this is your **raita**.



## 2 DO THE PREP

- Cut the **paneer block** in half widthways then slice each half through the middle.
- You should end up with two thin slices of **cheese** per person.
- Halve, peel and thinly slice the **red onion**.
- Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Zest the **lime** the chop into wedges.



## 5 PANEER TIME

- Add a splash of **oil** to the now empty frying pan. Pop it onto medium heat.
- Sprinkle the **curry powder** on both sides of the **paneer**.
- When hot, add the **paneer slices** to the pan and cook until browned, 2-3 mins. Turn and repeat on the other side, another 2 mins.
- Remove the pan from the heat and add the **mango chutney** and a squeeze of **lime juice**.



## 3 FRY THE ONIONS

- Heat a splash of **oil** in a large frying pan over medium heat.
- When hot, add the **onion** and cook until soft, 5-6 mins.
- Transfer to a small bowl and set aside (keep the pan).



## 6 FINISH AND SERVE

- Tip the **fried onion** into the pan and use a spoon to turn and coat the **paneer** and **onion** in the **mango chutney**.
- Halve the **burger buns** and spread both cut sides with a dollop of **raita**. Pop the **mango glazed paneer slices** and **sticky onion** inside the **burger bun** and serve with **fries** and a wedge of **lime** alongside. Use any remaining **raita** to dip your **fries** in!

# 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Sweet Potato Fries *	1 small bag	1 medium bag	1 large bag
Paneer 7) *	1 block	1½ blocks	2 blocks
Red Onion *	1	1½	2
Mint *	½ bunch	¾ bunch	1 bunch
Lime *	½	¾	1
Greek Yoghurt 7) *	75g	115g	150g
Curry Powder 9)	½ small pot	¾ small pot	1 small pot
Mango Chutney	1 pot	1½ pots	2 pots
Burger Bun 8) 11) 13)	2	3	4

\*Not Included

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 473G	PER 100G
Energy (kJ/kcal)	3692/883	781/187
Fat (g)	43	9
Sat. Fat (g)	25	5
Carbohydrate (g)	94	20
Sugars (g)	26	6
Protein (g)	37	8
Salt (g)	1.76	0.37

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

7) Milk 8) Egg 9) Mustard 11) Soya 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

### THUMBS UP OR THUMBS DOWN?

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