

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





Red Onion



Greek Yoghurt





Curry Powder

Mango Chutney



Burger Bun



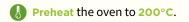
Rapid recipe





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.





3 FRY THE ONIONS

over medium heat.

soft, 5-6 mins.

the pan).

a) Heat a splash of oil in a large frying pan

b) When hot, add the **onion** and cook until

c) Transfer to a small bowl and set aside (keep

INGREDIENTS



*Not Included * Store in the Fridge

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	PER 100G	
3692 /883	781 / 187	
43	9	
25	5	
94	20	
26	6	
37	8	
1.76	0.37	
	3692 /883 43 25 94 26 37	

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

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



ROAST THE FRIES

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



4 MAKE THE RAITA

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



2 DO THE PREP

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



5 PANEER TIME

- a) Add a splash of oil to the now empty frying pan. Pop it onto medium heat.
- b) Sprinkle the curry powder on both sides of the paneer.
- c) 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.
- d) Remove the pan from the heat and add the mango chutney and a squeeze of lime juice.



6 FINISH AND SERVE

- a) Tip the **fried onion** into the pan and use a spoon to turn and coat the paneer and onion in the mango chutney.
- b) 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!

Eniov!

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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