

PANEER AND SWEET POTATO CURRY

with Courgette and Brown Rice & Quinoa





HELLO PANEER

Paneer is a fresh cheese derived from curdling milk with acid, such as lemon juice. Its commonly referred to as cottage cheese but unlike other common cheeses, paneer does not melt!





Diced Sweet Potato





Coriander





Jalfrezi Spice Blend











Light Coconut Milk

Vegetable Stock Powder



Steamed Brown

Basmati & Quinoa









Rapid recipe



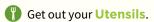
Veggie



Cook within 2
Days of Delivery

Served with nutty brown rice and quinoa, lots of fresh lime juice and chopped fresh coriander, our 20-minute paneer and sweet potato curry is a great mid-week vegetarian recipe. Paneer is a fresh, mild and dense cheese that doesn't melt, so it's a great thing to pair with the bold flavours in this dish. It is a popular ingredient across India and much of Southern Asia, and provides bulk and protein to veggie curries like this one.





Get out your **Utensils**. Wash the veggies. Make sure you've got a Large Frying Pan and Fine Grater.

Let's start cooking the Paneer and Sweet Potato Curry with Courgette and Brown Rice & Quinoa.



START THE CURRY

- a) Heat a splash of oil in a large frying pan over medium-high heat.
- b) When hot, add the diced sweet potato and fry, stirring frequently until beginning to soften, 5 mins.



2 PREP TIME

- a) Chop the paneer into 2cm chunks and add to the pan.
- b) Trim the courgette, quarter lengthways then chop widthways into small pieces.
- c) Roughly chop the coriander (stalks and all). Zest and halve the lime.



3 SPICE IT UP!

- a) Add the Jalfrezi spice blend, turmeric and easy ginger to the pan. Stir and cook for 1 minute.
- **b)** Pour in the **light coconut milk** and **stock** powder, stir and lower to a simmer.
- c) Season with **salt** and **pepper** and simmer for 5 mins.



4 ADD THE COURGETTE

- a) While the curry simmers away, have a quick tidy up.
- b) Add the courgette and cook until soft enough to eat, another 5 mins. Stir occasionally.



5 COOK THE RICE

- a) Meanwhile cook the rice and quinoa according to the pack instructions.
- **b)** Get ready to serve.

6 FINISH AND SERVE

- a) Share the rice and quinoa between bowls and sprinkle on a little lime zest.
- **b)** Add the remaining **lime zest** to the **curry** and stir in half the coriander and a good squeeze of lime juice.
- c) Season to taste with salt and pepper.
- d) Spoon the curry on top of your rice, finish with a sprinkling of remaining **coriander**.

TUCK IN!

INGREDIENTS

	2P	3P	4P
Diced Sweet Potato ❖	1 small pack	1 medium pack	1 large pack
Paneer 7) *	1 block	1⅓ blocks	2 blocks
Courgette *	1	1½	2
Coriander *	1 bunch	1 bunch	1 bunch
Lime *	1/2	1	1
Jalfrezi Spice Blend	1 small pot	¾ large pot	1 large pot
Turmeric	½ pot	1 pot	1 pot
Easy Ginger	½ sachet	¾ sachet	1 sachet
Light Coconut Milk	1 tin	1½ tins	2 tins
Vegetable Stock Powder 10)	½ sachet	1 sachet	1 sachet
Steamed Brown Basmati & Quinoa	1 pack	1½ packs	2 packs

* Store in the Fridge

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NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 743G	PER 100G
Energy (kcal)	924	124
(kJ)	3864	520
Fat (g)	54	7
Sat. Fat (g)	33	4
Carbohydrate (g)	77	10
Sugars (g)	14	2
Protein (g)	36	5
Salt (g)	1.75	0.24

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 10) Celery

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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