



PANEER VEGGIE CURRY

with Sweet Potato and Courgette



HELLO PANEER

Paneer is a fresh cheese common in Indian Cuisine



Sweet Potato



Courgette



Paneer



Coriander



Red Chilli



Garam Masala



Finely Chopped Tomatoes with Garlic & Onion



Vegetable Stock Powder



Ground Turmeric



Basmati Rice



Flaked Almonds

MEAL BAG
Hello Fresh

Hands on: 15 mins
Total: 45 mins

Family Box

... of your
5 a day

Veggie

Little heat

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! **Peeler**, two **Large Saucepans (with Lids)** and a **Measuring Jug**. Now, let's get cooking!



1 GET PREPPED!

Chop the **sweet potato** into 2cm chunks (peel if you prefer). Trim the **courgette** then quarter lengthways. Chop widthways into small pieces. Chop the **paneer** into 2cm cubes. Roughly chop the **coriander** (stalks and all) and thinly slice the **red chilli**. **★ TIP:** Remove the seeds first if you don't like too much heat.



2 BROWN THE PANEER

Heat a splash of **oil** in a large saucepan over medium-high heat. Add the **paneer** and cook, turning every now and then until browned. This will take around 5 mins. When browned transfer to a plate and add the **sweet potato** and the **garam masala** to the pan. Stir to coat the **potato** in the **spice** and cook until fragrant, 2 mins.



3 START THE CURRY

Add the **chopped tomatoes** and **water** (see ingredients for amount). Bring to the boil then stir in and dissolve the **stock powder**. Lower the heat to medium, cover with a lid and allow the **curry** to simmer away until the **sweet potato** starts to soften, 15-20 mins.



4 COOK THE RICE

Pour the **water** for the rice (see ingredients for amount) into another large saucepan and bring to the boil. When boiling, stir in a pinch of **salt**, the **turmeric** and the **rice**. Lower the heat to medium and pop a lid on the pan. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins or until ready to serve. **★ TIP:** The rice will finish cooking in its own steam.



5 ADD THE COURGETTE

When the **curry** has been cooking for 10-15 mins, stir in the **courgette** and leave to cook without the lid for another 5-10 mins until the **veggies** are soft and the sauce is thick and tomatoey. Taste and add a pinch of sugar if it needs a bit of sweetness. Return the **paneer** to the pan and simmer until the **paneer** is piping hot, another 2 mins. Taste and season with **salt** and **pepper** if necessary. Get ready to serve.



6 SERVE

When everything is ready, fluff the **rice** up with a fork and share between your bowls. Top with the **curry**. Either serve it as is, or for a bit of a twist add a sprinkle of **red chilli**, some **flaked almonds** and a sprinkle of **coriander**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Sweet Potato	400g	600g	600g
Courgette	1	1	2
Paneer 7)	1 block	1½ blocks	2 blocks
Coriander	1 bunch	1 bunch	1 bunch
Red Chilli	½	¾	1
Garam Masala	1 small pot	¾ large pot	1 large pot
Finely Chopped Tomatoes with Garlic & Onion	1 carton	1½ cartons	2 cartons
Water for the Curry*	100ml	150ml	200ml
Vegetable Stock Powder 10)	½ pot	¾ pot	1 pot
Water for the Rice*	300ml	450ml	600ml
Ground Turmeric	½ pot	¾ pot	1 pot
Basmati Rice	150g	225g	300g
Flaked Almonds 2)	15g	25g	30g

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 711G	PER 100G
Energy (kcal)	994	140
(kJ)	4157	585
Fat (g)	41	6
Sat. Fat (g)	23	3
Carbohydrate (g)	118	17
Sugars (g)	29	4
Protein (g)	41	6
Salt (g)	2.96	0.42

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

2) Nut 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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