

PANEER VEGGIE CURRY

with Sweet Potato and Courgette





HELLO PANEER

Paneer is a fresh cheese common in Indian Cuisine







Courgette





Coriander



Red Chilli



Garam Masala



Finely Chopped Tomatoes Vegetable Stock Powder with Garlic & Onion



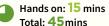
Ground Turmeric



Basmati Rice



Flaked Almonds











Veggie



Little heat

BEFORE YOU STAR

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!



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.



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 massala to the pan. Stir to coat the **potato** in the **spice** and cook until fragrant, 2 mins.



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.



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.



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.



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!

INGREDIENTS

	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	1/2	3/4	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

*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.



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