



Punjabi Style Matar Paneer Curry with Yoghurt and Basmati Rice

Classic 40 Minutes • Little Spice • 2 of your 5 a day • Veggie

21



Onion



Garlic Clove



Paneer



Basmati Rice



Tomato Puree



North Indian Style
Curry Powder



Tomato Passata



Vegetable Stock Paste



Peas



Mango Chutney



Greek Yoghurt

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Cutting Board, Knife, Garlic Press, Saucepan, Frying Pan and Bowl.

Ingredients

	2P	3P	4P
Onion**	1	1	2
Garlic Clove	1	2	2
Paneer 7)**	250g	375g	500g
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Tomato Puree	1 sachet	1½ sachets	2sachets
North Indian Style Curry Powder	1 sachet	1 sachet	2 sachets
Tomato Passata	1carton	1½ cartons	2 cartons
Water for the Sauce*	200ml	300ml	400ml
Vegetable Stock Paste 10)	10g	15g	20g
Peas**	120g	180g	240g
Mango Chutney	1 sachet	1 sachet	2 sachets
Greek Yoghurt 7)**	75g	100g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	499g	100g
Energy (kJ/kcal)	4015 /960	804 /192
Fat (g)	45	9
Sat. Fat (g)	28	6
Carbohydrate (g)	98	20
Sugars (g)	31	6
Protein (g)	41	8
Salt (g)	2.41	0.48

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Get Prepped

Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Chop the **paneer** into 2cm cubes.



Cook the Rice

Pour the cold **water for the rice** (see ingredients for amount) into a medium saucepan with a tightly fitted lid. Stir in the **rice** and ¼ tsp of **salt**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Fry Time

Meanwhile, heat the **oil** (see ingredients for amount) in a large frying pan on medium-high heat. Once hot, add the **paneer** to the pan, season with **salt** and **pepper**. Fry until golden all over, 5-7 mins. Turn every 1-2 mins to ensure they don't burn. Once golden, transfer to a plate lined with kitchen paper.



Start the Curry

Add the **onion** to the (now empty) pan. Reduce the heat to medium-high and cook until softened, 4-5 mins. Then add the **garlic**, **tomato puree** and **north Indian style curry powder**. Fry until fragrant, stirring, 1 min. Add the **passata**, **water** (see ingredients for amount) and **vegetable stock paste**. Season with **salt** and **pepper**, stir to combine. Bring to the boil, lower the heat and simmer gently until thickened, 5-6 mins.



Finish the Curry

Once the **sauce** has thickened, add the **paneer** back into the pan along with the **peas** and the **mango chutney**. Cook until everything is piping hot, 1-2 mins. Taste and add more **salt** or **pepper** if needed.



Serve

When ready, divide the **rice** between your bowls and spoon the **Punjabi style matar paneer curry** over the top. Add a dollop of **Greek yoghurt** to finish.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.