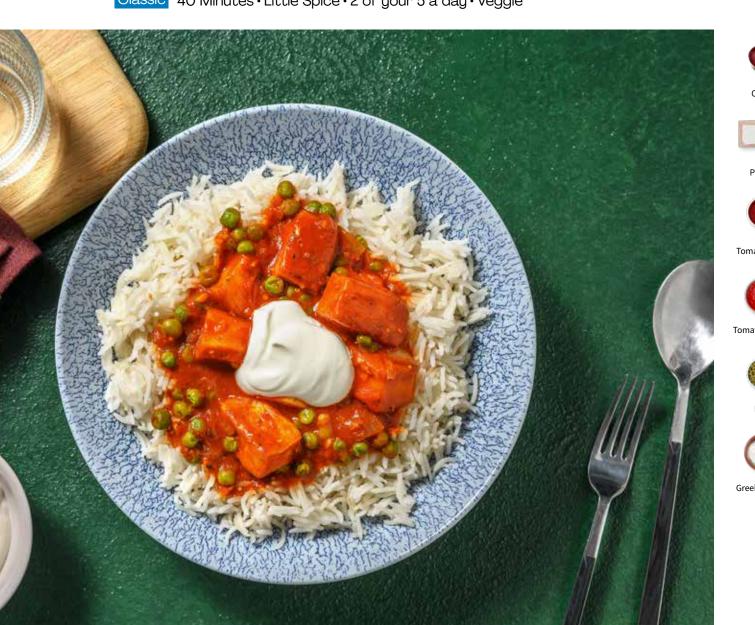


Punjabi Style Matar Paneer Curry

with Yoghurt and Basmati Rice

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



















Basmati Rice





North Indian Style

Curry Powder

Tomato Puree



Tomato Passata



Vegetable Stock Paste





Mango Chutney



Greek Yoghurt

Before you start

Our fruit and veggies need a little wash before you

Cooking tools, you will need:

Cutting Board, Knife, Garlic Press, Saucepan, Frying Pan

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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HelloFresh 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 1/4 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.