



# SAAG PANEER

with Cheat's Bombay Potatoes



## HELLO TURMERIC

*Turmeric is the flowering plant of the ginger family and it is actually its roots that are used in cooking.*



Potato



Ground Turmeric



Paneer



Echalion Shallot



Red Chilli



Premium Tomato Mix



Easy Ginger



Mild Indian Style Curry Powder



Baby Spinach



Mango Chutney



Nigella Seeds

MEAL BAG

🕒 25 mins

🌱 Veggie

🍏 1.5 of your 5 a day

🔥 Medium heat

An Indian recipe that is fragrant and flavourous, saag paneer is a well-loved vegetarian dish and our variation takes just 25 minutes prep time. Winning! Saag paneer brings together wilted spinach and paneer cheese, which has a mild milky flavour that goes beautifully with tasty Indian spices like curry powder, ginger and chilli in this recipe. Bombay potatoes are the perfect sidekick to a saag paneer thanks to the traditional Indian flavours. Labelled a 'cheat's' Bombay potato, these are fluffy and aromatic spuds ready in no time at all.

5

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan** (with a **Lid**), **Colander**, **Large Frying Pan** and **Measuring Jug**. Now, let's get cooking!



### 1 BOIL THE POTATO

Fill a large saucepan with **water** and bring to the boil on high heat. Chop the **potatoes** into 2cm chunks (no need to peel). Once boiling, add the **potato** to the pan of **water** along with **half** the **turmeric** and a pinch of **salt**. Cook until you can easily slip a knife through the middle, 10-12 mins. Drain in a colander and allow to steam-dry for a few seconds before returning to the pan (off the heat). Keep warm with the lid on.



### 2 PREP TIME

Meanwhile, chop the **paneer** into 2cm chunks. Halve, peel and finely slice the **shallot**. Halve the **chilli** lengthways, deseed then finely chop. Chop the **tomatoes** in half (or leave them whole if you prefer). Heat a drizzle of **oil** in a large frying pan on medium-high heat, once hot add the **paneer** to the pan and fry until golden, stirring occasionally, 3-4 mins.



### 3 ADD SOME SPICE

Stir the **shallot** into the **paneer** and cook until starting to soften, 2-3 mins. **★ TIP:** Add a drizzle of oil if the pan looks dry. Stir in the **easy ginger**, **mild Indian style curry powder**, remaining **turmeric**, a pinch of **chilli** (careful - you can always add more later!) and the **tomatoes** and cook for 30 seconds before stirring in the **water** (see ingredients for amount).



### 4 COOK THE SPINACH

Bring the **water** to the boil then reduce the heat to a simmer. Stir the **spinach** in a handful at a time until wilted, 1-2 mins, then stir through the **mango chutney**.



### 5 FINISH UP

Season the **saag paneer** to taste with **salt**, **pepper** and a pinch more **chilli** if needed. Stir the **nigella seeds** through the **potatoes**.



### 6 SERVE

Serve the **Bombay potatoes** in bowls topped with the **saag paneer**. Finish with a sprinkle more **red chilli** if liked. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato *	1 small	1 large	2 small
Ground Turmeric	1 pot	1½ pots	2 pots
Paneer 7) *	1 block	1½ blocks	2 blocks
Echalion Shallot *	1	1	2
Red Chilli *	½	¾	1
Premium Tomato Mix	1 small punnet	1 medium punnet	2 small punnets
Easy Ginger *	½ sachet	¾ sachets	1 sachets
Mild Indian Style Curry Powder	1 small pot	¾ large pot	1 large pot
Water*	100ml	150ml	200ml
Baby Spinach *	1 small bag	¾ large bag	1 large bag
Mango Chutney	1 pot	1½ pots	2 pots
Nigella Seeds	1 small pot	¾ large pot	1 large pot

\*Not Included \* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 538G	PER 100G
Energy (kJ/kcal)	2943 / 704	547 / 131
Fat (g)	36	7
Sat. Fat (g)	22	4
Carbohydrate (g)	65	12
Sugars (g)	22	4
Protein (g)	33	6
Salt (g)	1.69	0.32

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

7) Milk

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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