



VEGGIE PANEER SKEWERS

with Fragrant Rice and Mango Drizzle



HELLO MANGO

In India giving someone a basket of mangoes is considered a gesture of friendship.



Bamboo Skewers



Tandoori Masala Mix



Easy Ginger



Mango Chutney



Paneer



Red Pepper



Green Pepper



Red Onion



Courgette



Basmati Rice



Nigella Seeds



Coriander



Lime



Spring Onion



Honey



Flaked Almonds

MEAL BAG

30 mins

3 of your 5 a day

Little heat

Veggie

Served with fluffy coriander rice, flaked almonds and a delicious mango chutney dressing, our easy to prep Indian-inspired paneer skewers are a great vegetarian recipe. Paneer is a fresh, mild and dense cheese that doesn't melt, so it's a great thing to pair with the bold flavours in this dish. It is a popular ingredient across India and much of Southern Asia, and provides bulk and protein to veggie curries and a 'meaty' texture to things like tonight's kebabs.

7

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Baking Tray, Mixing Bowl, Measuring Jug, Large Saucepan** (with a **Lid**) and **Fine Grater**. Now, let's get cooking!



1 MAKE THE MARINADE

Preheat your oven to 200°C and lightly oil a large baking tray. Soak the **skewers** in a bowl of water until ready to use (this will stop them burning later). In a mixing bowl, stir together the **Tandoori Masala Mix, easy ginger, half the mango chutney** and **oil** for the marinade (see ingredients for amount). Season with a pinch of **salt** and **pepper**.



2 DO THE PREP

Chop the **paneer** into 2cm chunks. Halve the **peppers** and discard the cores and seeds. Halve and peel the **onion**. Trim the **courgette**. Chop all the **veggies** into chunks roughly the same size as the **paneer** - this will help everything cook equally. Pop all the **paneer** and **veggies** into the bowl with the **marinade** and toss to coat thoroughly. Set aside.



3 COOK THE RICE

Pour the **water** (see ingredients for amount) into a large saucepan and bring to the boil. When boiling, stir in the **rice** and **half the nigella seeds**, 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.*



4 KEBAB TIME

Thread the **paneer** and **veggies** onto the **skewers**, trying to distribute everything evenly. **★ TIP:** *You should have enough for 2-3 kebabs per person, depending on how tightly you pack them!* Place the **kebabs** in one layer on the baking tray, pour over any excess **marinade** from the bowl then roast on the top shelf of your oven until the **paneer** is golden and the **veggies** cooked, turning once during cooking, 15-18 mins.



5 MIX THE DRIZZLE

Meanwhile, roughly chop the **coriander** (stalks and all). Zest the **lime**. Trim then thinly slice the **spring onion**. Pop the remaining **mango chutney** into a small bowl and stir in the **honey, half the coriander**, the remaining **nigella seeds** and the **juice** of **half the lime**. Stir in the **olive oil** for the drizzle (see ingredients for amount). Season to taste with **salt** and **pepper**.



6 FINISH AND SERVE

Fluff up the **rice** with a fork and stir through the remaining **coriander**, the **lime zest, half the spring onion** and **half the flaked almonds**. Serve the **rice** on plates alongside the **kebabs**. Finish with a some the **mango drizzle**, a sprinkling of the remaining **flaked almonds** and **spring onion** and the rest of the **lime**, cut into **wedges**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Bamboo Skewers	4	6	8
Tandoori Masala Mix	1 small pot	¾ large pot	1 large pot
Easy Ginger	1 sachet	1½ sachets	2 sachets
Mango Chutney	1 sachet	1½ sachets	2 sachets
Oil for the Marinade*	1 tbsp	1½ tbsp	2 tbsp
Paneer 7) *	1 block	1½ blocks	2 blocks
Red Pepper *	1	2	2
Green Pepper *	1	1	2
Red Onion *	1	1	2
Courgette *	1	1	2
Water*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Nigella Seeds	1 sachet	1½ sachets	2 sachets
Coriander *	1 bunch	1 bunch	1 bunch
Lime *	1	1½	2
Spring Onion *	2	3	4
Honey	1 sachet	1½ sachets	2 sachets
Oil for the Drizzle*	1 tbsp	1½ tbsp	2 tbsp
Flaked Almonds 2)	1 bag	1½ bags	2 bags

*Not Included

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING: 646G	PER 100G
Energy (kcal)	984	152
(kJ)	4117	638
Fat (g)	49	8
Sat. Fat (g)	24	4
Carbohydrate (g)	98	15
Sugars (g)	35	5
Protein (g)	39	6
Salt (g)	2.18	0.34

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

2) Nut 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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