



# Ultimate Matar Paneer and Ginger Rice with Coriander and Flaked Almonds

Veggie Ultimate 35-40 Minutes • Mild Spice • 1 of your 5 a day

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Ginger Puree



Basmati Rice



Garlic Clove



Paneer



Coriander



Tomato Puree



North Indian  
Style Spice Mix



Vegetable Stock  
Paste



Creme Fraiche



Peas



Toasted Flaked  
Almonds

**Pantry Items**

Oil, Salt, Pepper, Butter

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Saucepan, lid, garlic press, frying pan and kitchen paper.

## Ingredients

Ingredients	2P	3P	4P
Ginger Puree	15g	30g	30g
Basmati Rice	150g	225g	300g
Garlic Clove**	3	4	6
Paneer** 7)	226g	339g	452g
Coriander**	1 bunch	1 bunch	1 bunch
Tomato Puree	30g	45g	60g
North Indian Style Spice Mix	1 sachet	2 sachets	2 sachets
Vegetable Stock Paste 10)	10g	15g	20g
Creme Fraiche** 7)	150g	225g	300g
Peas**	120g	180g	240g
Toasted Flaked Almonds 2)	15g	25g	30g
Pantry	2P	3P	4P
Oil for Cooking*	1½ tbsp	2 tbsp	2½ tbsp
Water for the Rice*	300ml	450ml	600ml
Water for the Sauce*	100ml	150ml	200ml
Butter*	20g	30g	40g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving 390g	Per 100g 100g
Energy (kJ/kcal)	4833 / 1155	1238 / 296
Fat (g)	75.1	19.2
Sat. Fat (g)	41.1	10.5
Carbohydrate (g)	83.6	21.4
Sugars (g)	14.1	3.6
Protein (g)	39.2	10.0
Salt (g)	2.49	0.64

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

2) Nuts 7) Milk 10) Celery

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## 1 Cook the Ginger Rice

Heat ½ **tbsp** of the **oil for cooking** (see pantry for amount) in a deep saucepan with a tight-fitting lid on medium heat.

Once hot, add the **ginger puree** and season with **salt**. Stir-fry until fragrant, 1-2 mins.

Add the **rice** and cook until coated, 1 min, then pour in the **water for the rice** (see pantry for amount) and bring to a boil. Once boiling, turn the heat down to medium and cover with the lid.

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).



## 4 Curry Up

Wipe out the frying pan and return to medium-high heat with a drizzle of **oil**.

Add the **tomato puree**, **North Indian style spice mix** and **garlic**. Stir-fry until fragrant, 1-2 mins.

Add the **vegetable stock paste**, **creme fraiche**, **peas** and **water for the sauce** (see pantry for amount). Stir to combine, then simmer until the **sauce** has thickened, 2-3 mins.



## 2 Get Prepped

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Cut the **paneer** into 2cm cubes.

Roughly chop the **coriander** (stalks and all).



## 5 Finishing Touches

Stir the **butter** (see pantry for amount) into your **curry sauce** until melted.

Taste and season with **salt** and **pepper** if needed.

Stir the **cooked paneer** through the **sauce**, then remove from the heat.



## 3 Fry the Paneer

Heat the remaining **oil for cooking** (see pantry for amount) in a large frying pan to a medium-high heat.

Once hot, add the **paneer** and fry until golden all over, 5-8 mins. Season with **salt** and **pepper**. Turn regularly to brown it evenly.

Once the **paneer** is golden, transfer to a plate lined with kitchen paper.



## 6 Time to Serve

Fluff up the **ginger rice** with a fork and share between your bowls, then spoon over your **matar paneer curry**.

Sprinkle over the **coriander** and **toasted flaked almonds** to finish.

Enjoy!