

# North Indian Style Saag Paneer

with Roasted Potatoes and Yoghurt



30-35 Minutes · Mild Spice · 1 of your 5 a day · Veggie









Potatoes

Paneer





Medium Tomato



**Ginger Puree** 

Vegetable Stock Paste



North Indian



Style Spice Mix



Baby Spinach



Mango Chutney



Greek Style Natural Yoghurt

## Before you start

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

# Cooking tools

Baking tray and frying pan.

## Ingredients

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Ingredients	2P	3P	4P	
Potatoes	450g	700g	900g	
Paneer** 7)	226g	339g	452g	
Medium Tomato	2	3	4	
Ginger Puree	15g	23g	30g	
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets	
Vegetable Stock Paste <b>10</b> )	10g	15g	20g	
Baby Spinach**	40g	100g	150g	
Mango Chutney	40g	60g	80g	
Greek Style Natural Yoghurt** <b>7)</b>	75g	113g	150g	
Pantry	2P	3P	4P	
Olive Oil for the Paneer*	1 tbsp	1½ tbsp	2 tbsp	
Water for the Curry*	100ml	150ml	200ml	
*Not Included **Store in the Fridge				

#### **Nutrition**

Typical Values	Per serving	Per 100g
for uncooked ingredient	546g	100g
Energy (kJ/kcal)	3137 / 750	575/137
Fat (g)	40.9	7.5
Sat. Fat (g)	22.9	4.2
Carbohydrate (g)	65.5	12
Sugars (g)	23.1	4.2
Protein (g)	33.2	6.1
Salt (g)	2.59	0.48

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

## **Allergens**

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.

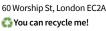
Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

#### Contact

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## Roast the Potatoes

to coat.

Preheat your oven to 220°C/200°C fan/gas mark 7. Chop the **potatoes** into 2cm chunks (no need to peel). Pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss

Spread out in a single layer. TIP: Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



#### **Paneer Time**

Meanwhile, cut the **paneer** into 2cm chunks. Cut the **tomatoes** into 2cm chunks

Heat the **olive oil for the paneer** (see pantry for amount) in a large frying pan on medium-high heat.

Once hot, add the **paneer** to the pan. Fry until golden all over, 5-8 mins. Turn regularly to brown it evenly.



# Spice Things Up

Stir the **ginger puree** and **North Indian style spice mix** into the pan until the **paneer** is well coated.

Add the **tomato chunks** and cook for 30 secs, then stir in the **veg stock paste** and **water for the curry** (see pantry for amount).



## Add the Spinach

Bring to the boil, stirring to combine, then lower the heat to a simmer for 2-3 mins.

Stir in the **spinach** a handful at a time until wilted and piping hot, 1-2 mins.



# Bring on the Chutney

Stir through the **mango chutney**, then season to taste with **salt** and **pepper**.



#### Serve

When everything's ready, share the **roasted potatoes** between your bowls and top with the **saag paneer**.

Finish with a dollop of **yoghurt**.

Enjoy!