



North Indian Style Saag Paneer with Roasted Potatoes and Yoghurt

Classic 30-35 Minutes • **Mild Spice** • 1 of your 5 a day • Veggie

43



Potatoes



Paneer



Medium Tomato



Ginger Puree



North Indian
Style Spice Mix



Vegetable Stock
Paste



Baby Spinach



Mango Chutney



Greek Style
Natural Yoghurt

Pantry Items
Oil, Salt, Pepper, Olive Oil

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

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 10)	10g	15g	20g
Baby Spinach**	40g	100g	150g
Mango Chutney	40g	60g	80g
Greek Style Natural Yoghurt** 7)	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 for uncooked ingredient	Per serving	Per 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

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 to coat.

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.



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.



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.



Bring on the Chutney

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



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).



Serve

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

Finish with a dollop of **yogurt**.

Enjoy!