



Tikka Paneer Skewers

with Cumin Seed Chips and Pickled Carrot Salad

Summer BBQ 30-35 Minutes • Mild Spice • 1 of your 5 a day • Veggie

21



Bamboo Skewers



Potatoes



White Cumin Seeds



Paneer



Red Onion



Tikka Masala Paste



Greek Style Natural Yoghurt



Carrot



Red Wine Vinegar



Baby Leaf Mix

Pantry Items

Oil, Salt, Pepper, Honey, Sugar, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Baking tray, bowl, baking paper and peeler.

Ingredients

Ingredients	2P	3P	4P
Bamboo Skewers	4	6	8
Potatoes	450g	700g	900g
White Cumin Seeds	1 sachet	1 sachet	2 sachets
Paneer** (7)	226g	339g	452g
Red Onion**	1	1½	2
Tikka Masala Paste	75g	112g	150g
Greek Style Natural Yoghurt** (7)	75g	120g	150g
Carrot**	1	2	2
Red Wine Vinegar (14)	12ml	18ml	24ml
Baby Leaf Mix**	20g	50g	50g
Pantry	2P	3P	4P
Salt*	¼ tsp	½ tsp	½ tsp
Honey*	2 tbsp	3 tbsp	4 tbsp
Sugar*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	577g	100g
Energy (kJ/kcal)	3535/845	613/147
Fat (g)	45.1	7.8
Sat. Fat (g)	23.3	4.0
Carbohydrate (g)	80.4	13.9
Sugars (g)	32.8	5.7
Protein (g)	32.9	5.7
Salt (g)	3.08	0.53

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

Allergens

7) Milk 14) Sulphites

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

♻️ You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



Chip, Chip, Hooray

Preheat your oven to 220°C/200°C fan/gas mark 7. Soak your **skewers** in **cold water** (this will prevent them from burning).

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with **oil**, sprinkle over the **cumin seeds**, 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, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



Pickle the Carrot

Meanwhile, trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.

Clean the (now empty) **paneer** bowl, then add the **red wine vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts) to the bowl. Season with **salt** and **pepper**.

Add the **carrot ribbons** to the **dressing**, toss to coat, then set aside to pickle.



Marinate the Paneer

Meanwhile, cut the **paneer** into 2cm cubes.

Halve and peel the **red onion**, then cut each half into 4 wedges.

In a medium bowl, combine the **tikka masala paste** with a drizzle of **oil**, the **salt** and **honey** (see pantry for both amounts). Mix in **half** the **yoghurt** and season with **pepper**.

Add the **paneer** and **onion wedges** to the **marinade**. Toss until coated.



Finishing Touches

When everything's ready, add the **baby leaves** to the **carrot ribbons** and toss to coat. **TIP:** Don't add the leaves too early or they'll go soggy.



Make your Skewers

Carefully thread the **paneer** and **onion wedges** onto the skewers (2 per person), alternating between the two.

Pop the **skewers** onto a medium lined baking tray and bake on the middle shelf of your oven until golden, 15-18 mins. Turn halfway through cooking.



Serve Up

Share the **tikka skewers** between your plates and drizzle over the remaining **yoghurt** to finish.

Serve the **cumin seed chips** and **carrot salad** alongside.

Enjoy!