

Curried Paneer Dal Pie

with Puff Pastry Top

Classic 40-45 Minutes • Mild Spice • 1 of your 5 a day







Puff Pastry Sheet



Carrot



Red Onion







Paneer

Garlic Clove

Brown Lentils



Tomato Puree







Coconut Milk



Spring Onion



CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

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

Cooking tools

Garlic press, sieve, frying pan, bowl, ovenproof dish and

Ingredients

	2P	3P	4P	
Puff Pastry Sheet** 13)	½ roll	¾ roll	1 roll	
Red Onion**	1	1	2	
Carrot**	1	2	2	
Garlic Clove**	2	3	4	
Brown Lentils	1 carton	1½ cartons	2 cartons	
Paneer** 7)	1 pack	1½ packs	2 packs	
Tomato Puree	1 sachet	2 sachets	2 sachets	
Pasanda Style Seasoning	2 small pots	1 large pot	2 large pots	
Coconut Milk	200ml	300ml	400ml	
Water for the Dal*	100ml	150ml	200ml	
Vegetable Stock Paste 10)	10g	15g	20g	
Spring Onion**	1	2	2	
Broccoli Florets**	200g	300g	400g	
*Not Included **Store in the Fridge				

Nutrition

	ь .	D 400
	Per serving	Per 100g
for uncooked ingredient	553g	100g
Energy (kJ/kcal)	4451/1064	806/193
Fat (g)	69	13
Sat. Fat (g)	46	8
Carbohydrate (g)	68	12
Sugars (g)	17	3
Protein (g)	39	7
Salt (g)	2.43	0.44
Custom Recipe	Per serving	Per 100g
Custom Recipe for uncooked ingredient	Per serving 653g	Per 100g 100g
for uncooked ingredient	653g	100g
for uncooked ingredient Energy (kJ/kcal)	653g 4610/1102	100g 707 /169
for uncooked ingredient Energy (kJ/kcal) Fat (g)	653g 4610 /1102 70	100g 707 /169 11
for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g)	653g 4610 /1102 70 47	100g 707/169 11 8
for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g) Carbohydrate (g)	653g 4610 /1102 70 47 70	100g 707/169 11 8 11

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

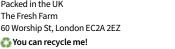
7) Milk 10) Celery 13) Cereals containing Gluten

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.

HelloFresh UK

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Get Prepped

Preheat your oven to 220°C. Remove the puff **pastry** from your fridge. Halve, peel and thinly slice the **red onion**. Trim the **carrot** (no need to peel), then quarter lengthways. Chop widthways into 1cm pieces. Peel and grate the garlic (or use a garlic press). Drain and rinse the **lentils** in a sieve. Heat a drizzle of oil in a frying pan on medium-high heat. While the pan gets hot, chop the paneer into 2cm chunks.



Fry the Paneer

Once hot, add the paneer to the pan and season with salt and pepper. Fry until golden all over, 4-6 mins. Turn every 1-2 mins. Once golden, transfer to a bowl and pop your pan back on medium-high heat. Add a drizzle of oil if the pan is dry, then add the onion and carrot and fry until softened, 4-5 mins. Stir occasionally.



Simmer the Sauce

Season the veg with salt and pepper, then add the garlic, tomato puree and pasanda style seasoning (add less seasoning if you don't like it too hot) along with the **fried paneer**. Stir and cook for 1 min, then pour in the coconut milk, water for the dal (see ingredients for amount), vegetable stock paste and lentils. Bring to the boil and simmer until the **mixture** has thickened, 6-8 mins. Stir occasionally and add a splash more water if you need to.



Assemble the Pie

Once the lentil mixture is cooked, taste and add salt and pepper if you feel it needs it, then transfer it to an appropriately sized ovenproof pie dish. Cover with the **puff pastry**, trimming off any excess. Press some of the pastry over the side of the dish if you can, or just sit it on top. Make a small hole in the middle - this allows the steam to escape. TIP: Brush the pastry with a little milk if you have some. Bake your **pie** on the top shelf of your oven until golden brown, 15-20 mins.



Garnish Time

In the meantime, trim and thinly slice the spring onion.

CUSTOM RECIPE

If you've chosen to add **broccoli florets** to your meal, bring a medium saucepan of water to the boil with 1/2 tsp salt after prepping the spring onion. When the pie has 5 mins of cooking time left, add the **broccoli** to the boiling **water** and cook until tender, 3-5 mins. Drain in a colander, then serve with the **pie**.



Serve

Once baked, allow the **pie** to stand for 2 mins. Serve in bowls with the spring onion sprinkled on top.

Enjoy!