



Curried Paneer Dal Pie with Puff Pastry Top

Classic 40-45 Minutes • Mild Spice • 2 of your 5 a day

19



Puff Pastry Sheet



Onion



Carrot



Garlic Clove



Brown Lentils



Paneer



Tomato Puree



Pasanda Style Seasoning



Coconut Milk



Vegetable Stock Paste



Diced Chicken Breast

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 and ovenproof dish.

Ingredients

	2P	3P	4P
Puff Pastry Sheet** 13)	½ roll	¾ roll	1 roll
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 sachets	2 sachets	4 sachets
Coconut Milk	200ml	300ml	400ml
Water for the Dal*	100ml	150ml	200ml
Vegetable Stock Paste 10)	10g	15g	20g

Diced Chicken Breast**	280g	420g	560g
------------------------	------	------	------

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	545g	100g
Energy (kJ/kcal)	4450/1064	817/195
Fat (g)	69.3	12.7
Sat. Fat (g)	46.4	8.5
Carbohydrate (g)	67.8	12.5
Sugars (g)	18.2	3.3
Protein (g)	38.9	7.1
Salt (g)	2.42	0.44

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	685g	100g
Energy (kJ/kcal)	5112/1222	746/178
Fat (g)	71.9	10.5
Sat. Fat (g)	47.0	6.9
Carbohydrate (g)	68.0	9.9
Sugars (g)	18.4	2.7
Protein (g)	72.7	10.6
Salt (g)	2.56	0.37

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

You can recycle me!



Get Prepped

Preheat your oven to 220°C. Remove the **puff pastry** from your fridge.

Halve, peel and thinly slice the **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.



Assemble your Pie

Once the **lentil mixture** is cooked, taste and add **salt** and **pepper** if needed, 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 to allow steam to escape. **TIP:** Brush the pastry with a little milk if you have some.



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.

CUSTOM RECIPE

If you've chosen to add **diced chicken breast** to your **meal**, add to the hot pan once the **paneer** has been removed and fry until golden brown, 4-5 mins. Then add the **onion** and **carrot** and continue as instructed. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.



Ready, Steady, Bake

Bake your **pie** on the top shelf of your oven until golden brown, 15-20 mins.



Simmer the Sauce

Season the **veg** with **salt** and **pepper**, then add the **garlic**, **tomato puree** and **pasanda style seasoning** (add less **spice** if you don't like heat) 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.



Serve

Once baked, allow the **pie** to stand for 2 mins. Serve in bowls.

Enjoy!