













North Indian Style Saag Paneer

with Roasted Turmeric Potatoes and Yoghurt

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

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-  Potatoes
-  Ground Turmeric
-  Paneer
-  Baby Plum Tomatoes
-  Ginger Puree
-  North Indian Style Spice Mix
-  Baby Spinach
-  Vegetable Stock Paste
-  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
Ground Turmeric	1 sachet	1 sachet	1 sachet
Paneer** 7)	1 pack	1½ packs	2 packs
Baby Plum Tomatoes	125g	190g	250g
Ginger Puree	½ sachet	¾ sachet	1 sachet
North Indian Style Spice Mix	2 sachets	2 sachets	4 sachets
Baby Spinach**	100g	150g	200g
Vegetable Stock Paste 10)	10g	15g	20g
Mango Chutney Greek Style	1 sachet	1½ sachets	2 sachets
Natural Yoghurt** 7)	75g	112g	150g
Pantry	2P	3P	4P
Olive Oil*	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)	3114 / 744	593 / 142
Fat (g)	40.8	7.8
Sat. Fat (g)	23.0	4.4
Carbohydrate (g)	64.1	12.2
Sugars (g)	21.7	4.1
Protein (g)	32.7	6.2
Salt (g)	2.14	0.41

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 sprinkle over **half the turmeric**.

Toss to coat, then 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.

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. Halve the **baby plum tomatoes**.

Heat the **olive oil** (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 them evenly.



Finishing Touches

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



Spice Things Up

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

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



Serve

When everything is ready, share the **turmeric potatoes** between your bowls and top with the **saag paneer**.

Enjoy!