



North Indian Style Pea and Paneer Curry with Roasted Potatoes and Yoghurt

Classic 30-35 Minutes • Mild Spice • 2 of your 5 a day • Veggie



-  Potatoes
-  Paneer
-  Medium Tomato
-  Ginger Puree
-  North Indian Style Spice Mix
-  Vegetable Stock Paste
-  Peas
-  Mango Chutney
-  Greek Style Natural Yoghurt

Recipe Update
Due to quality issues with **baby spinach**, you'll instead receive **peas**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

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	22g	30g
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Vegetable Stock Paste 10)	10g	15g	20g
Peas**	120g	240g	240g
Mango Chutney	40g	60g	80g
Greek Style 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	Per serving	Per 100g
for uncooked ingredient	586g	100g
Energy (kJ/kcal)	3293/787	562/134
Fat (g)	41.2	7.0
Sat. Fat (g)	23.0	3.9
Carbohydrate (g)	72.1	12.3
Sugars (g)	26.6	4.5
Protein (g)	35.8	6.1
Salt (g)	2.58	0.44

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 Peas

Bring to the boil, stirring to combine, then lower the heat to a simmer for 2-3 mins.

Stir in the **peas** and cook until piping hot, 1-2 mins.



Paneer Time

Meanwhile, cut the **paneer** into 2cm chunks. Cut the **tomatoes** into 2cm chunks

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 it evenly.



Finishing Touches

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 **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's ready, share the **roasted potatoes** between your bowls and top with the **curry**.

Finish with a dollop of **yoghurt**.

Enjoy!