



# Paneer Makhani Curry

with Green Beans and Cumin Rice

**Classic** 25-30 Minutes • Mild Spice • 2 of your 5 a day • Veggie

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Green Beans



Onion



Garlic Clove



Paneer



Basmati Rice



White Cumin Seeds



Tandoori Masala Spice



Tomato Passata



Vegetable Stock Paste



Cashew Butter



Low Fat Natural Yoghurt

**Pantry Items**

Oil, Salt, Pepper, Olive Oil, Butter

## Before you start

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

## Cooking tools

Garlic press, saucepan, lid, frying pan and kitchen paper.

## Ingredients

Ingredients	2P	3P	4P
Green Beans**	80g	150g	150g
Onion**	1	1	2
Garlic Clove**	1	1	2
Paneer** (7)	226g	339g	452g
Basmati Rice	150g	225g	300g
White Cumin Seeds	1 sachet	1 sachet	2 sachets
Tandoori Masala Spice	1 sachet	2 sachets	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste (10)	10g	15g	20g
Cashew Butter (2)	30g	45g	60g
Low Fat Natural Yoghurt** (7)	75g	120g	150g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Olive Oil for the Paneer*	1 tbsp	1½ tbsp	2 tbsp
Water for the Curry*	200ml	300ml	400ml
Butter*	20g	30g	40g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	474g	100g
Energy (kJ/kcal)	4122/985	870/208
Fat (g)	54.2	11.4
Sat. Fat (g)	27.7	5.8
Carbohydrate (g)	90.6	19.1
Sugars (g)	18.7	3.9
Protein (g)	39.1	8.2
Salt (g)	2.61	0.55

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

## Allergens

2) Nuts 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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## Get Prepped

Trim and halve the **green beans**. Halve, peel and chop the **onion** into small pieces.

Peel and grate the **garlic** (or use a garlic press).

Cut the **paneer** into 2cm cubes.



## Simmer and Spice

Once the **butter** has melted, add the **onion** and remaining **cumin seeds** to the pan. Stir-fry until the **onion** has softened, 4-5 mins.

Add the **garlic** and **tandoori masala spice**. Fry until fragrant, 1 min, then stir in the **passata**, **veg stock paste** and **water for the curry** (see pantry for amount).

Bring to the boil, then lower the heat and allow to simmer until thickened, 8-10 mins.

Halfway through, add the **fried paneer** and **green beans** to the pan. Simmer for the remaining time.



## Cook the Cumin Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice**, **¼ tsp salt** and **half the cumin seeds**, then bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## Finish your Curry

When the **curry** has thickened, stir through the **cashew butter** until well combined.

Simmer until piping hot, 2-3 mins, then remove from the heat.

Stir through **half the yoghurt**, then taste and season with **salt** and **pepper** if needed.



## Fry the Paneer

Meanwhile, heat the **olive oil for the paneer** (see pantry for amount) in a frying pan on medium-high heat.

Once hot, add the **paneer** to the pan and season with **salt** and **pepper**. Fry until golden all over, 5-8 mins. Turn regularly to brown them evenly.

Once golden, transfer to a plate lined with kitchen paper.

Pop the (now empty) frying pan back on medium-high heat. Add the **butter** (see pantry for amount) and allow it to melt.



## Serve

When everything's ready, fluff up the **cumin rice** with a fork and share between your bowls.

Spoon over the **paneer curry** and finish with a drizzle of the remaining **yoghurt**.

## Enjoy!