



Carb Smart Crispy Dal-Coated Paneer

with Clementine and Creamy Mint Dressing

Carb Smart

Quick

25 Minutes



Paneer Cheese



Curry Paste



Baby Spinach



Roma Tomato



Mini Cucumber



White Wine Vinegar



Crispy Chana Dal Mix



All-Purpose Flour



Mint



Sour Cream



Garlic, cloves



Clementine



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HELLO PANEER

A mild cheese that holds its shape even when fried!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Medium bowl, measuring spoons, large bowl, small bowl, whisk, large non-stick pan, rolling pin

Ingredients

	2 Person	4 Person
Paneer Cheese	200 g	400 g
Curry Paste	2 tbsp	4 tbsp
Baby Spinach	113 g	227 g
Roma Tomato	80 g	160 g
Mini Cucumber	66 g	132 g
White Wine Vinegar	1 tbsp	2 tbsp
Crispy Chana Dal Mix	28 g	56 g
All-Purpose Flour	1 tbsp	2 tbsp
Mint	7 g	14 g
Sour Cream	3 tbsp	6 tbsp
Garlic, cloves	1	2
Clementine	1	2
Unsalted Butter*	1 ½ tbsp	3 tbsp
Sugar*	½ tsp	¼ tsp
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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1 Prep

- Cut **paneer** into ½-inch pieces.
- Add **paneer** and **curry paste** to a medium bowl. Season with **pepper** and ¼ **tsp** (½ **tsp**) **salt**, then toss to coat, separating **any paneer pieces** that stick to one another. Set aside to marinate.
- Halve **cucumber** lengthwise, then cut into ¼-inch half-moons.
- Peel, then mince or grate **garlic**.
- Finely chop **mint**.
- Cut **tomato** into ½-inch pieces.
- Peel **clementine**, then separate into sections.



4 Fry paneer

- When the pan is hot, add **1 tbsp** (2 **tbsp**) **butter**, then swirl the pan to melt.
- Add **paneer**. (**NOTE:** Don't overcrowd the pan; cook paneer in 2 batches for 4 ppl, using 1 **tbsp** butter per batch.) Pan-fry, tossing occasionally, until crispy and golden-brown, 2-3 min. (**NOTE:** Be careful! The paneer will splatter a little in the pan.)



2 Make mint dressing and vinaigrette

- Add **2 tsp** (4 **tsp**) **vinegar**, ¼ **tsp** (¼ **tsp**) **sugar** and **1 ½ tbsp** (3 **tbsp**) **oil** to a large bowl. Season with **salt** and **pepper**, to taste, then whisk to combine. Set aside.
- Add **sour cream**, **half the garlic**, **remaining vinegar**, **1 tbsp** (2 **tbsp**) **mint**, **1 tbsp** (2 **tbsp**) **oil** and ½ **tbsp** (1 **tbsp**) **water** to a small bowl. Season with **salt** and **pepper**, to taste, then whisk to combine.



5 Fry chana dal

- When **paneer** is golden-brown, add ½ **tbsp** (1 **tbsp**) **butter**, then **chana dal** and **remaining garlic** to the pan. Fry, stirring often, until fragrant and **chana dal** is lightly toasted, 30 sec-1 min. (**NOTE:** For 4 ppl, return first batch of paneer to the pan before adding chana dal.)
- Remove the pan from heat.



3 Prep paneer and crush chana dal

- Heat a large non-stick pan over medium heat.
- Meanwhile, using a rolling pin or heavy pot, crush **chana dal** in its packaging until lightly broken up. (**TIP:** Make a small cut in the packaging to release air before crushing.)
- Season **paneer** with **salt** and **pepper**. Sprinkle **flour** over top, then toss to coat.



6 Finish and serve

- Add **spinach** to the large bowl with **vinaigrette**, then toss to coat.
- Divide **spinach** between plates, then top with **tomatoes**, **cucumbers** and **clementines**.
- Drizzle **half the mint dressing** over top.
- Top with **fried paneer and chana dal**.
- Drizzle **remaining mint dressing** over top, then sprinkle with **any remaining mint**, if desired.

Dinner Solved!