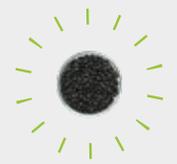




PANEER & BLACK BEAN NAAN

with Mango Chutney, Green Pepper and Potato Wedges



HELLO BLACK BEANS

The most distinctive feature about black beans is their shiny shell like appearance- this is why they are also sometimes called Turtle Beans.



Potato



Red Onion



Green Pepper



Garlic Clove



Coriander



Paneer



Black Beans



North Indian Style Curry Powder



Mango Chutney



Garlic and Coriander Naan

Our sweet and tangy paneer and black bean naan is the perfect midweek meal. Paneer cheese is great for pan-frying because it holds its form, meaning a crisp outer texture and satisfyingly chewy middle. Alongside the cheese, the naan is filled with red onion and green pepper with a sprinkling of fragrant North Indian spice to give the dish a little kick. Top with a dollop of mango chutney and serve with oven-roasted potato wedges for a satisfying dinner packed with tongue-tingling flavour!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Baking Tray**, **Fine Grater** (or **Garlic Press**), **Sieve** and **Large Frying Pan**. Now, let's get cooking!



1 ROAST THE WEDGES

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel!). Pop the **wedges** on a large baking tray in a single layer. Drizzle with **oil** and season with a pinch of **salt** and **pepper**. Toss to coat in the **oil**, then roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.



2 GET PREPPED

Meanwhile, halve, peel and thinly slice the **red onion**. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all). Chop the **paneer** into 2cm wide cubes. Drain and rinse the **black beans** using a sieve.



3 BROWN THE PANEER

Heat a drizzle of **oil** in a large frying pan over medium-high heat. Once hot, add the **paneer**. Fry the **paneer**, turning regularly, until golden all over, 4-5 mins, then pop into a bowl. Sprinkle over a pinch of **salt** and set to one side. Keep the pan!



4 COOK THE FILLING

Return the now empty frying pan to a medium-high heat. Add another splash of **oil**. Once hot, add the **onion** and **pepper** to the pan and cook until softened, 4-5 mins. Once soft, stir in the **garlic** and **North Indian style curry powder** (careful, it's hot!). Cook for 1 minute, then stir in the **black beans** and the **water** (see ingredients for amount). Lightly crush **half** of the **beans** with the back of a fork.



5 ADD THE FLAVOUR

Add the **paneer** back into the pan and gently stir in the **mango chutney** until melted. Mix in **half** the **coriander** and season to taste with **salt** and **pepper**. Remove from the heat.



6 FILL THE POCKETS

When the **wedges** have 5 mins left in the oven, pop the **naan breads** onto the middle shelf of the oven to warm though, 5-6 mins. Remove them from the oven and once cool enough to handle, slice an opening on one side of the **naan** to make a pocket. Spoon the **filling** into the **naan pockets**. Divide the **filled naan pockets** and **wedges** between your plates, sprinkle over the remaining **coriander**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato *	1 small pack	1 large pack	2 small packs
Red Onion *	1	1½	2
Green Pepper *	1	1½	2
Garlic Clove *	1	1	2
Coriander *	1 bunch	1 bunch	1 bunch
Paneer 7) *	1 block	1½ blocks	2 blocks
Black Beans	1 carton	1½ cartons	2 cartons
North Indian Style Curry Powder	1 small pot	¾ large pot	1 large pot
Water*	1 tbsp	1½ tbsp	2 tbsp
Mango Chutney	2 pots	3 pots	4 pots
Garlic and Coriander Naan 7) 13)	4	6	8

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 809G	PER 100G
Energy (kJ/kcal)	4628/1106	572/137
Fat (g)	40	5
Sat. Fat (g)	22	3
Carbohydrate (g)	136	17
Sugars (g)	38	5
Protein (g)	48	6
Salt (g)	3.01	0.37

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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