



# PANEER AND SWEET POTATO CURRY

with Courgette and Brown Rice & Quinoa



## HELLO PANEER

*Paneer is a fresh cheese derived from curdling milk with acid, such as lemon juice. It's commonly referred to as cottage cheese but unlike other common cheeses, paneer does not melt!*



Diced Sweet Potato



Paneer



Courgette



Coriander



Lime



Jalfrezi Spice Blend



Turmeric



Easy Ginger



Light Coconut Milk



Vegetable Stock Powder



Steamed Brown Basmati & Quinoa

MEAL BAG  
17

20 mins

Rapid recipe

2 of your 5 a day

Veggie

Very hot

Cook within 2 Days of Delivery

Served with nutty brown rice and quinoa, lots of fresh lime juice and chopped fresh coriander, our 20-minute paneer and sweet potato curry is a great mid-week vegetarian recipe. Paneer is a fresh, mild and dense cheese that doesn't melt, so it's a great thing to pair with the bold flavours in this dish. It is a popular ingredient across India and much of Southern Asia, and provides bulk and protein to veggie curries like this one.

GET **PREPARED!**

Get out your **Utensils.**

# BEFORE YOU START

- 🔪 Get out your **Utensils**.
  - 🧼 Wash the veggies.
  - 🍳 Make sure you've got a **Large Frying Pan** and **Fine Grater**.
- Let's start cooking the **Paneer and Sweet Potato Curry with Courgette and Brown Rice & Quinoa**.



## 1 START THE CURRY

- Heat a splash of **oil** in a large frying pan over medium-high heat.
- When hot, add the **diced sweet potato** and fry, stirring frequently until beginning to soften, 5 mins.



## 2 PREP TIME

- Chop the **paneer** into 2cm chunks and add to the pan.
- Trim the **courgette**, quarter lengthways then chop widthways into small pieces.
- Roughly chop the **coriander** (stalks and all). Zest and halve the **lime**.



## 3 SPICE IT UP!

- Add the **Jalfrezi spice blend**, **turmeric** and **easy ginger** to the pan. Stir and cook for 1 minute.
- Pour in the **light coconut milk** and **stock powder**, stir and lower to a simmer.
- Season with **salt** and **pepper** and simmer for 5 mins.



## 4 ADD THE COURGETTE

- While the curry simmers away, have a quick tidy up.
- Add the **courgette** and cook until soft enough to eat, another 5 mins. Stir occasionally.



## 5 COOK THE RICE

- Meanwhile cook the **rice and quinoa** according to the pack instructions.
- Get ready to serve.



## 6 FINISH AND SERVE

- Share the **rice and quinoa** between bowls and sprinkle on a little **lime zest**.
- Add the remaining **lime zest** to the **curry** and stir in **half** the **coriander** and a good squeeze of **lime juice**.
- Season to taste with **salt** and **pepper**.
- Spoon the **curry** on top of your **rice**, finish with a sprinkling of remaining **coriander**.

## TUCK IN!

# 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Diced Sweet Potato *	1 small pack	1 medium pack	1 large pack
Paneer 7)	1 block	1½ blocks	2 blocks
Courgette *	1	1½	2
Coriander *	1 bunch	1 bunch	1 bunch
Lime *	½	1	1
Jalfrezi Spice Blend	1 small pot	¾ large pot	1 large pot
Turmeric	½ pot	1 pot	1 pot
Easy Ginger	½ sachet	¾ sachet	1 sachet
Light Coconut Milk	1 tin	1½ tins	2 tins
Vegetable Stock Powder 10)	½ sachet	1 sachet	1 sachet
Steamed Brown Basmati & Quinoa	1 pack	1½ packs	2 packs

\* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 743G	PER 100G
Energy (kcal)	924	124
(kJ)	3864	520
Fat (g)	54	7
Sat. Fat (g)	33	4
Carbohydrate (g)	77	10
Sugars (g)	14	2
Protein (g)	36	5
Salt (g)	1.75	0.24

Nutrition for uncooked ingredients based on 2 person recipe.

## ALLERGENS

7) Milk 10) Celery

🧼 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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