



Paneer Makhani Curry

with Green Beans and Cumin Rice

Classic Eat Me Early • 30 Minutes • Little Spice • 2 of your 5 a day • Veggie

21



Green Beans



Onion



Garlic Clove



Paneer



Basmati Rice



Cumin Seeds



Tandoori Masala
Spice



Tomato Passata



Vegetable Stock
Paste



Cashew Butter



Natural Yoghurt

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Cutting Board, Knife, Garlic Press, Saucepan, Frying Pan and Bowl.

Ingredients

	2P	3P	4P
Green Beans**	80g	150g	150g
Onion**	1	1	2
Garlic Clove	1	1	2
Paneer 7)**	250g	375g	500g
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Cumin Seeds	1 sachet	1 sachet	2 sachets
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Tandoori Masala Spice	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10)	10g	15g	20g
Water for the Sauce*	200ml	300ml	400ml
Cashew Butter 2)	1 sachet	1½ sachets	2 sachets
Natural Yoghurt 7)**	75g	120g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	462g	100g
Energy (kJ/kcal)	3930/939	851/203
Fat (g)	49	11
Sat. Fat (g)	24	5
Carbohydrate (g)	84	18
Sugars (g)	16	3
Protein (g)	41	9
Salt (g)	2.45	0.53

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 7) Milk 10) Celery

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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Get Started

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.



Cook the Cumin Rice

Pour the cold **water for the rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid. Stir in the **rice**, ¼ tsp of **salt** and **half** the **cumin seeds**. Cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. 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).



Fry the Paneer

Meanwhile, heat the **olive oil** (see ingredients 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 every 1-2 mins to ensure they don't burn. Once golden, transfer to a plate lined with kitchen paper.



Start the Curry

Pop the (now empty) frying pan back on medium-high heat. Add a drizzle of **oil** if needed. When hot, add the **onion** and the remaining **cumin seeds**. Stir-fry until the **onion** has softened, 4-5 mins. Add the **garlic** and the **tandoori masala spice**, stir-fry until fragrant, 1 min. Then stir in the **passata**, **vegetable stock paste** and **water** (see ingredients for amount). Bring to the boil then lower the temperature and allow to simmer until the **sauce** has thickened, 8-10 mins. Halfway through, add the **green beans** and allow them to cook in the **sauce** for the remaining time.



Finish the Curry

When the **curry** has thickened, stir through the **cashew butter**. Then add the **paneer** back into the pan. Stir to combine and simmer until piping hot, 2-3 mins, then take off the heat. Pour in **half** the **yoghurt** and mix well. Taste and season with **salt** and **pepper** if needed.



Serve

When everything is ready, divide the **cumin rice** between your bowls. Generously spoon over the **creamy paneer makhani curry** and finish with a drizzle of the remaining **yoghurt**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.