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Paneer & Spinach Curry

Tonight we're bringing you a curry which is a delight for the senses. We love using paneer, the delicious Indian cheese, that pairs beautifully with big, bold flavours. Tuck into this golden curry and toast the country from which we draw endless culinary inspiration.



Prep: 10 mins

Cook: 30 mins

Total: 40 mins



level 1



high
protein



winter
warmers

Pantry Items



Olive Oil



Water



Hot Water



Mild Curry
Powder



Brown Rice



Paneer Cheese



Brown Onion



Ginger



Birdseye Chilli



Vegetable Stock



Tomato Paste



Baby Spinach



Greek Yogurt



Coriander



Cashew Nuts

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2P	4P	Ingredients
1 tbs	2 tbs	mild curry powder (recommended amount)
1 tbs	2 tbs	olive oil *
¾ cup	1 ½ cups	brown rice, rinsed well
1 ½ cup	3 cup	water *
1 packet	2 packets	paneer cheese, cubed
½	1	brown onion, thinly sliced
1 knob	2 knobs	ginger, peeled & finely grated
1	2	birdseye chilli, deseeded & finely chopped
½ cube	1 cube	vegetable stock
2 cups	4 cups	hot water *
2 tbs	4 tbs	tomato paste (recommended amount)
½ bag	1 bag	baby spinach, washed
1 tub	2 tubs	Greek yoghurt
1 bunch	2 bunches	coriander, leaves picked
¼ cup	½ cup	cashew nuts, roughly chopped

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	3160	Kj
Protein	34.4	g
Fat, total	35	g
-saturated	13.7	g
Carbohydrate	72.1	g
-sugars	16.4	g
Sodium	463	mg



You will need: sieve, chef's knife, chopping board, vegetable peeler, grater, small bowl, medium saucepan with a lid, deep frying pan, spatula, and a plate.

1 In a small bowl combine the **mild curry powder** and half of the **olive oil** to form a paste.

2 Place the **brown rice** and the **water** into a medium saucepan and bring to the boil. Cover with a lid and reduce the heat to low. Simmer, covered, for **25-30 minutes** or until the brown rice is soft and the water is absorbed.

3 Meanwhile, heat the remaining olive oil in a deep frying pan over a medium-high heat. Add the **paneer cheese** and cook for **1-2 minutes** on each side or until golden. Transfer to a plate.

4 In the same pan, heat a dash of oil over a medium-high heat. Add the **brown onion** and cook, stirring, for **3 minutes** or until soft. Add the **ginger** and **birdseye chilli**. Cook, stirring, for **1 minute** or until fragrant. Add the curry paste and cook, stirring, for **1 minute**. Combine the **vegetable stock**, **hot water** and **tomato paste**. Add to the pan and bring to the boil. Reduce the heat to medium-low. Simmer for **10-15 minutes** or until the sauce has thickened.

5 Return the paneer cheese to the pan with the **baby spinach**. Simmer for **1-2 minutes** or until the spinach is wilted and the paneer is heated through. Stir through half of the **Greek yoghurt**.

6 Serve the curry with the brown rice, a dollop of the remaining yoghurt, **coriander** and **cashews**.

Did you know? Cashews are actually a seed, not a nut!

