



Everything
But The Chef

hello@hellofresh.com.au

02 81 888 722

WK33
2015



Share your masterpiece to enter into our weekly photo contest! Simply post your delicious pic on [f](#) [t](#) [i](#) with #HelloFreshAU

Paneer & Spinach Curry

In celebration of Indian Republic Day, we're bringing you a curry which is a delight for the senses. This is the first time we're 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.

3 *Pantry Items: olive oil, hot water, water*

- Prep:** 10 mins
- Cook:** 35 mins
- Total:** 45 mins
- spicy**
- level 1**
- high protein**
- winter warmer**



Mild Curry Powder



Paneer Cheese



Red Onion



Ginger



Birdseye Chilli



Vegetable Stock



Tomato Paste



Brown Rice



Baby Spinach



Yoghurt



Coriander

2P	4P	Ingredients
1 tbs	2 tbs	mild curry powder
1 tbs	2 tbs	olive oil *
⅔ cup	1 ⅓ cups	brown rice
1 ½ cups	3 cups	water *
1 packet	2 packets	paneer cheese, cubed
½	1	red onion, thinly sliced
1 knob	2 knobs	ginger, peeled & finely grated
1	2	birdseye chilli, deseeded & finely chopped
1 tsp	2 tsp	vegetable stock
2 cups	4 cups	hot water *
2 tbs	4 tbs	tomato paste
1 bag	2 bags	baby spinach, washed
1 tub	2 tubs	yoghurt
½ bunch	1 bunch	coriander leaves, to garnish

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2820	Kj
Protein	32.6	g
Fat, total	26.3	g
-saturated	11.9	g
Carbohydrate	72.8	g
-sugars	13.1	g
Sodium	610	mg

Measuretool

0 cm	1 cm	2 cm



You will need: chopping board, chef's knife, sieve, deep frying pan, and medium pot with lid and a spatula.

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** into a sieve and rinse it with cold tap water. The water will initially become cloudy, continue to rinse until the water becomes clear enough (it doesn't need to be crystal). Place rice and the **water** in a medium pot and bring to the boil. Cover with a lid and reduce the heat to low. Simmer, covered, for **25-30 minutes** or until the 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** 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 **red onion** and cook, stirring, for **3 minutes** or until soft. Add the **ginger** and **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 heat to medium-low. Simmer for **10-15 minutes** or until 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 **yoghurt**. Serve with rice, a dollop of the remaining yoghurt and the **coriander leaves**.



Did you know? The record for the World's Largest Curry was broken in New Dehli in 2008. Sixty chefs made nearly 12 tonnes of curry!