



Everything  
But The Chef

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## Paneer & Mango Curry

You know those dinners where you just can't get enough and don't want to share? Yeah, this is one of those. Creamy coconut milk paired with ginger and a mildly-spiced curry blend is good enough to drink. Just add paneer along with the star of the dish; a sweet, ripe mango and before your eyes, you'll have made the perfect summery curry for a bed of perfectly cooked brown rice- gosh you're clever!

**Prep:** 15 mins  
**Cook:** 30 mins  
**Total:** 45 mins

level 2

**spicy**

**gluten free**

### Pantry Items



Water



Olive Oil



Brown Rice



Paneer Cheese



Red Onion



Ginger



Birdseye Chili



Mild Curry Powder



Mango



Coconut Milk



Coriander



Lemon

2P	4P	Ingredients
2/3 cup	1 1/3 cups	brown rice
1 1/2 cups	3 cups	water *
2 tsp	1 tbs	olive oil *
1 packet	2 packets	paneer cheese, cubed
1/2	1	red onion, sliced
1 knob	2 knobs	ginger, peeled & finely grated
1	2	birdseye chilli, deseeded & finely chopped
1 tbs	2 tbs	mild curry powder
1/2 cup	1 cup	warm water *
1	2	mango, peeled & chopped
1 cup	2 cups	coconut milk, plus extra to drizzle
1 bunch	2 bunches	coriander, leaves picked
1/2	1	lemon, cut into wedges

⊕ May feature in another recipe

\* Pantry Items

### Nutrition per serving

Energy	3510	Kj
Protein	29.3	g
Fat, total	41.2	g
-saturated	25.1	g
Carbohydrate	79.3	g
-sugars	20.4	g
Sodium	285	mg

### Measuretool

0 cm	1 cm	2 cm



**You will need:** chef's knife, chopping board, grater, vegetable peeler, plate, sieve, medium pot with a lid, and a medium frying pan.

**1** Place the **brown rice** into a sieve and rinse it with cold tap water until the water runs clear. Place rice and **water** in a medium pot and bring to the boil over a medium-high heat. Cover with a lid and reduce the heat to medium. Simmer, covered, for **25-30 minutes** or until the rice is soft and the water has absorbed.

**2** Heat the **olive oil** in a medium frying pan over a medium-high heat. Add the **paneer** and cook for about **2 minutes** or until browned. Remove from the pan and set aside.

**3** Add the **red onion** to the same frying pan, still on a medium-high heat and cook, stirring, for **3 minutes** or until soft. Add the **ginger**, **chilli** and **mild curry powder** and cook, stirring, for **1 minute** or until fragrant. Add 2 tablespoons of water to lift the curry powder from the base of the pan then add the **mango**, **coconut milk** and **warm water**. Stir to combine well. Reduce the heat to medium-low and simmer for **10 minutes**, or until the sauce has thickened slightly and the mango has broken down. Add the paneer and stir until heated through. Season to taste with **salt** and **pepper**.

**4** To serve, divide the brown rice and sweet paneer curry between bowls. Drizzle with some extra coconut milk and a handful of **coriander leaves**. Serve with the **lemon wedges**.



**Did you know?** Mangoes are Australia's most popular seasonal fruit!