



Kadai-Style Paneer

with Peppers and Garlicky Basmati Rice

Veggie 30 Minutes



Paneer Cheese



Basmati Rice



Sweet Bell Pepper



Red Onion



Garlic



Tikka Sauce



Indian Spice Mix



Baby Spinach



Coconut Milk

HELLO PANEER

A fresh cheese used in South Asia prized for firm and mild flavour!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, medium pot, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Paneer Cheese	200 g	400 g
Basmati Rice	¾ cup	1½ cup
Sweet Bell Pepper	160 g	320 g
Red Onion	113 g	113 g
Garlic	6 g	12 g
Tikka Sauce	½ cup	1 cup
Indian Spice Mix	1 tbsp	2 tbsp
Baby Spinach	56 g	113 g
Coconut Milk	165 ml	400 ml
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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1 Prep

Core, then cut **pepper** into ½-inch pieces. Peel, then cut **onion** into ½-inch pieces. Peel, then mince or grate **garlic**. Cut **paneer** into ½-inch cubes.



2 Cook rice

Heat a medium pot over medium heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), then **rice** and **half the garlic**. Cook, stirring often, until toasted, 2-3 min. Add **1 ¼ cups water** (dbl for 4 ppl) and bring to a boil over high heat. Once boiling, reduce heat to low. Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min. Remove pot from heat. Set aside, still covered.



3 Cook paneer

While **rice** cooks, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp butter** and swirl to melt, 1 min. Add **paneer** and season with **salt** and **pepper**. Pan-fry, turning cubes occasionally, until crispy and golden-brown all over, 5-6 min. (**TIP:** Don't overcrowd the pan; cook paneer in 2 batches for 4 ppl, using 1 tbsp butter for each batch!) Transfer to a plate and set aside.



4 Cook veggies

Reduce heat to medium. Add **½ tbsp oil** (dbl for 4 ppl) to the same pan, then **onions** and **peppers**. Cook, stirring occasionally, until tender-crisp, 3-4 min. Add **Indian Spice Mix** and **remaining garlic**. Cook, stirring often, until fragrant, 1-2 min.



5 Make sauce

Reduce heat to medium-low, then add **tikka sauce** and **coconut milk** to the pan with **veggies**. Cook, stirring occasionally, until **sauce** is slightly thickened, 5-7 min. Add **paneer** and **spinach**. Stir until **spinach** wilts, 1-2 min. (**NOTE:** For 4 ppl, add spinach in batches.) Season with **salt**.



6 Finish and serve

Fluff **rice** with a fork. Season with **salt**. Divide **rice** between plates. Top with **paneer mixture**.

Dinner Solved!