



Kadai-Style Paneer

with Peppers and Garlicky Basmati Rice

Veggie

35 Minutes



Paneer Cheese



Basmati Rice



Sweet Bell Pepper



Red Onion



Garlic, cloves



Tikka Sauce



Dal Spice Blend



Baby Spinach



Coconut Milk



Scan the QR code to download our app.

HELLO PANEER

A mild cheese that holds its shape even when fried!

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	1 ½ cups
Sweet Bell Pepper	160 g	320 g
Red Onion	113 g	113 g
Garlic, cloves	2	4
Tikka Sauce	½ cup	1 cup
Dal Spice Blend	1 tbsp	2 tbsp
Baby Spinach	56 g	113 g
Coconut Milk	165 ml	400 ml
Unsalted Butter*	3 tbsp	6 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

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

Contact

Call us | (855) 272-7002
HelloFresh.ca

    @HelloFreshCA



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. Season with **salt and pepper**.
- Roughly chop **spinach**.



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 **Dal Spice Blend** and **remaining garlic**. Cook, stirring often, until fragrant, 1-2 min.



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 fragrant, 2-3 min.
- Add **1 ¼ cups water** (dbl for 4 ppl) and bring to a boil over high.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



Make sauce

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



Cook paneer

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **2 tbsp butter**, then swirl the pan until melted, 1 min.
- Add **paneer**. (**NOTE:** Don't overcrowd the pan; cook paneer in 2 batches for 4 ppl, using 2 tbsp butter per batch.)
- Pan-fry, turning **cubes** occasionally, until crispy and golden-brown all over, 5-6 min.
- Transfer **paneer** to a plate and set aside.



Finish and serve

- Fluff **rice** with a fork. Season with **salt**, to taste.
- Divide **rice** between plates. Top with **paneer and veggie mixture**.

Dinner Solved!