



Matar Paneer Curry

with Green Peas and Yellow Potato

VEGGIE

SPICY

35 Minutes



Paneer Cheese



Yellow Potato



Green Peas



Basmati Rice



Onion, chopped



Dal Spice Blend



Diced Tomatoes



Garlic



Ginger



Cilantro



Greek Yogurt



Cumin Seeds

HELLO MATAR

Paneer (Indian cottage cheese) and green peas are simmered together in this tomato gravy with roasted potatoes and spices.

Start Strong

Before starting, preheat the oven to 450°F and wash and dry all produce.

Bust Out

Baking Sheet, Garlic Press, Large Non-Stick Pan, Measuring Spoons, Measuring Cups, Medium Pot

Ingredients

	2 Person	4 Person
Paneer Cheese	340 g	680 g
Yellow Potato	300 g	600 g
Green Peas	113 g	227 g
Basmati Rice	¾ cup	1 ½ cup
Onion, chopped 🍷	56 g	113 g
Dal Spice Blend	1 tbsp	2 tbsp
Diced Tomatoes	398 ml	796 ml
Garlic	3 g	6 g
Ginger	30 g	60 g
Cilantro	7 g	14 g
Greek Yogurt	100 g	200 g
Cumin Seeds	1 tsp	1 tsp
Unsalted Butter*	2 tbsp	2 tbsp
Sugar*	½ tsp	1 tsp
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. COOK POTATOES & PREP

Cut **potatoes** into 1-inch pieces. Toss **potatoes** with **1 tbsp oil** (dbl for 4 ppl) on a baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, until golden-brown, 25-28 min. Meanwhile, peel, then mince or grate **garlic**. Peel, then finely grate **1 tbsp ginger** (dbl for 4 ppl).



4. START CURRY

Reduce the heat to medium and add **½ tbsp oil** (dbl for 4 ppl) to the same pan. Add **onions** and sprinkle over **½ tsp sugar** (dbl for 4 ppl). Cook, stirring often, until **onions** soften, 3-4 min. Add **tomatoes, dal spice, garlic** and **ginger**. Season with **salt**. Cook, stirring occasionally, until **sauce** thickens slightly, 4-5 min.



2. COOK RICE

Heat a medium pot over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **rice** and **½ tsp cumin seeds** (dbl for 4 ppl). Toast, stirring often until fragrant, 1 min. Add **1 ½ cups water** (dbl for 4 ppl). Cover and bring to a boil over high heat. Once boiling, reduce heat to medium-low. Cook, still covered, until **rice** is tender and **liquid** has been absorbed, 12-14 min.



5. FINISH CURRY

Remove the pan from the heat. Add **roasted potatoes, crispy paneer, peas, half the yogurt** and **half the cilantro** to the pan. Season with **salt**. Stir together until **potatoes** and **paneer** are warmed through, 1 min.



3. COOK PANEER

While **rice** cooks, roughly chop **cilantro**. Cut **paneer** into 1-inch pieces. Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp butter** and swirl pan to melt. Add **paneer** and season with **salt** and **pepper**. Pan-fry, turning pieces occasionally, until crispy and golden-brown all over, 6-7 min. (**NOTE:** Don't overcrowd pan; cook paneer in two batches for 4 ppl, using 1 tbsp butter for each batch!) Transfer to a plate and set aside.



6. FINISH AND SERVE

Fluff **rice** with a fork, then season with **salt**. Divide **rice** between plates and top with **matar paneer curry**. Sprinkle over **remaining cilantro** and dollop with **remaining yogurt**.

Dinner Solved!