



# Messy Spiced Paneer Wraps

with Mango Chutney and Pickled Onions

Veggie

30 Minutes



-  Paneer Cheese
-  Naan
-  Mango Chutney
-  Spring Mix
-  Red Onion
-  Mild Curry Paste
-  Indian Spice Mix
-  Greek Yogurt
-  Roma Tomato
-  White Wine Vinegar

HELLO PANEER

*A mild cheese that holds its shape even when fried or baked!*

## Start here

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

## Bust out

Baking sheet, medium bowl, measuring spoons, aluminum foil, large bowl, parchment paper, small pot, 2 small bowls, whisk, paper towels

## Ingredients

	2 Person	4 Person
Paneer Cheese	200 g	400 g
Naan	2	4
Mango Chutney	4 tbsp	8 tbsp
Spring Mix	56 g	113 g
Red Onion	113 g	226 g
Mild Curry Paste	2 tbsp	4 tbsp
Indian Spice Mix	1 tbsp	2 tbsp
Greek Yogurt	100 ml	200 ml
Roma Tomato	160 g	320 g
White Wine Vinegar	2 tbsp	4 tbsp
Sugar*	1 ½ tsp	3 tsp
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.*

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## Pickle onions

- Peel, then thinly slice **onion**.
- Add **onions, vinegar, 1 tbsp water** and **1 tsp sugar** (dbl both for 4 ppl) to a small pot. Season with **salt**. Bring to a simmer over medium-high heat.
- Once simmering, cook, stirring often, until **sugar** dissolves, 1-2 min.
- Remove the pot from heat. Transfer **onions**, including **pickling liquid**, to a small bowl. Place in the fridge to cool.



## Warm naan and make spiced yogurt

- Meanwhile, pat **naan** on both sides with a damp paper towel, then wrap in foil to create a packet.
- Bake in the **top** of the oven until warmed through, 4-5 min.
- Add **yogurt, remaining Indian Spice Mix, ½ tsp sugar** and **2 tbsp water** (dbl both for 4 ppl) to another small bowl. Season with **salt** and **pepper**, then stir until smooth.



## Prep and coat paneer

- Cut **paneer** into ½-inch pieces.
- Add **curry paste, half the Indian Spice Mix, ¼ tsp salt** and **½ tbsp oil** (dbl both for 4 ppl) to a medium bowl. Season with **pepper**, then stir until smooth.
- Add **paneer**, then toss to coat.



## Make salad

- Meanwhile, cut **tomatoes** into ½-inch pieces.
- Add **1 tbsp pickling liquid** and **1 tbsp oil** (dbl both for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **tomatoes** and **spring mix**, then toss to combine.



## Bake paneer

- Transfer **paneer** and **any remaining curry paste mixture** from the bowl to a parchment-lined baking sheet.
- Arrange **paneer** in a single layer.
- Bake in the **middle** of the oven until edges are golden-brown, 12-14 min.
- Remove the baking sheet from the oven. Drizzle **mango chutney** over **paneer**, then toss to coat.



## Finish and serve

- Divide **naan** between plates, then spread **spiced yogurt** over top.
- Top with **some salad, paneer, any remaining chutney** from the baking sheet and **some pickled onions**. (**TIP:** Any leftover pickled onions and pickling liquid can be saved and refrigerated for up to 3 days!)
- Serve **remaining salad** alongside. (**TIP:** Eat paneer wraps with a fork and knife!)

## Dinner Solved!