

Sweet and Spicy Chili Paneer

with Peppers and Green Onion Rice

Veggie

30 Minutes







Paneer Cheese

Indian Spice Mix



Basmati Rice







Green Onions

Sweet Bell Pepper



Onion, sliced







Soy Sauce

Sweet Chili Sauce



HELLO PANEER

Start here

Before starting, wash and dry all produce.

Bust Out

Medium bowl, measuring spoons, medium pot, small bowl, measuring cups, whisk, large non-stick pan

Ingredients

ing. calcine		
	2 Person	4 Person
Paneer Cheese	200 g	400 g
Indian Spice Mix	1 tbsp	2 tbsp
Basmati Rice	¾ cup	1 ½ cup
Green Onions	2	4
Sweet Bell Pepper	160 g	320 g
Snow Peas	113 g	227 g
Onion, sliced	56 g	113 g
Soy Sauce	1 tbsp	2 tbsp
Garlic	9 g	18 g
Sweet Chili Sauce	4 tbsp	8 tbsp
Cornstarch	1 tbsp	2 tbsp
Oil*		

Salt and Pepper*

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.

Contact

Share your photos #HelloFreshLife Call or email us | (855) 272-7002 hello@hellofresh.ca HelloFresh.ca



Prep

Core, then cut **pepper** into ½-inch pieces. Trim **snow peas**. Peel, then mince or grate **garlic**. Thinly slice **green onions**. Cut **paneer** into ½-inch cubes, then season with **salt** and **pepper**. Whisk together **soy sauce**, **sweet chili sauce**, **cornstarch**, **half the garlic** and ³/₄ **cup water** (dbl for 4 ppl) in a small bowl. Set aside.



Cook rice

Heat a medium pot over medium heat. When hot, add ½ tbsp oil (dbl for 4 ppl), then remaining garlic and rice. Cook, stirring often, until fragrant, 1 min. Add 1 ¼ cups water (dbl for 4 ppl) and bring to a boil over high. Reduce heat to low. Cover and cook until rice is tender and the water has been absorbed, 12-14 min.



Fry paneer

While **rice** cooks, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** and **paneer**. Pan-fry, turning occasionally, until crispy and golden-brown all over, 4-6 min. (NOTE: Cook paneer in batches for 4 ppl, using 1 tbsp oil per batch.) Transfer to a plate.



Make sauce

Return the pan to medium-high and add onions, snow peas and peppers. Cook, stirring often, until tender-crisp, 3-4 min.
Reduce heat to medium and add Indian
Spice Mix. Cook for 1 min, until fragrant. Add the cornstarch mixture (from step1). Cook, stirring frequently, until the sauce thickens slightly, 1-3 min. Add the paneer to the pan and stir to combine.



Finish rice

Fluff rice with a fork. Stir in half the green onions, then season with salt.



Finish and serve

Divide **rice** between plates. Top with the **sweet and spicy paneer**. Sprinkle **remaining green onions** over top.

Dinner Solved!

^{*} Pantry items