

# Sweet Chili Paneer

with Veggies and Green Onion Rice

Veggie

30 Minutes



Paneer Cheese



Indian Spice Mix



Basmati Rice



Green Onions



Sweet Bell Pepper



Carrot



Snow Peas



Onion, sliced



Soy Sauce



Garlic



Sweet Chili Sauce



Cornstarch

## HELLO PANEER

*A fresh cheese used in South Asian cuisine that's prized for its firm texture and mild flavour!*

# Start here

Before starting, wash and dry all produce.

## Bust out

Measuring spoons, medium pot, small bowl, measuring cups, whisk, large non-stick pan, vegetable peeler

## Ingredients

	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
Carrot	170 g	340 g
Snow Peas	56 g	113 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*		

\* 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.*

## Contact

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

1



## Prep

Core, then cut **pepper** into ½-inch pieces. Peel, then cut **carrot** in half lengthwise, then into ¼-inch half-moons. 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 **¾ cup water** (dbl for 4 ppl) in a small bowl. Set aside.

2



## 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 liquid has been absorbed, 12-14 min. Remove pot from heat. Set aside, still covered.

3



## 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 2 batches for 4 ppl, using 1 tbsp oil per batch.) Transfer to a plate.

4



## Make sauce

Return the pan to medium-high and add **onions**, **carrots** and **peppers**. Season with **salt** and **pepper**. Cook, stirring often, until tender-crisp, 3-4 min. Reduce heat to medium, then add **snow peas** and **Indian Spice Mix**. Cook, stirring often, until fragrant, 30 sec. Add **cornstarch mixture** (from step 1). Bring to a boil and cook, stirring often, until **sauce** thickens slightly, 1-3 min. Add **paneer**, then stir to combine.

5



## Finish rice

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

6



## Finish and serve

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

## Dinner Solved!