

Bengal Paneer Cheese Tacos

with Cucumber Raita

Grab your Meal Kit with this symbol



Cucumber



Herbs



Garlic



Onion



Paneer Cheese



Carrot



Mumbai Spice Blend



Greek-Style Yoghurt



Bengal Curry Paste



Mini Flour Tortillas



Salad Leaves



Chicken Breast

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: **20-30 mins**
 Ready in: **20-30 mins**

Eat Me Early*
**Custom Recipe Only*

If you haven't cooked with delicious Indian paneer cheese before, get ready for creaminess that pairs beautifully with big, bold flavours. Tuck into these spiced yoghurt-smothered bites and toast the country from which we draw endless culinary inspiration.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Plain Flour, White Wine Vinegar, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cucumber	1 (medium)	1 (large)
herbs	1 bag	1 bag
garlic	2 cloves	4 cloves
onion	1 (medium)	1 (large)
paneer cheese	1 packet (300g)	2 packets (600g)
carrot	1	2
plain flour*	½ tbs	1 tbs
Mumbai spice blend	1 sachet	2 sachets
white wine vinegar*	¼ cup	½ cup
Greek-style yoghurt	1 medium packet	1 large packet
Bengal curry paste	1 packet (50g)	1 packet (100g)
butter*	20g	40g
water*	¼ cup	½ cup
mini flour tortillas	6	12
salad leaves	1 medium bag	1 large bag
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4399kJ (1051Cal)	728kJ (174Cal)
Protein (g)	52.2g	8.6g
Fat, total (g)	64.1g	10.6g
- saturated (g)	39.6g	6.6g
Carbohydrate (g)	66.8g	11.1g
- sugars (g)	17.3g	2.9g
Sodium (mg)	1087mg	180mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5158kJ (1232Cal)	675kJ (161Cal)
Protein (g)	84.7g	11.1g
Fat, total (g)	69.8g	9.1g
- saturated (g)	41.3g	5.4g
Carbohydrate (g)	66.8g	8.7g
- sugars (g)	17.3g	2.3g
Sodium (mg)	1186mg	155mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Get prepped

Finely chop **cucumber** and **herbs**. Finely chop **garlic**. Roughly chop **onion**. Cut **paneer cheese** into 1cm cubes. Grate **carrot**. In a shallow bowl, add the **plain flour** and **Mumbai spice blend**, then season with **salt** and **pepper**. Add **paneer** and gently toss to coat in **seasoned flour**. Set aside.

CUSTOM RECIPE

If you've added chicken breast to your meal, cut chicken into 2cm chunks. Coat in the seasoned flour along with paneer.



Add the sauce

Return the frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **onion**, stirring, until softened, **2-3 minutes**. Add **Bengal curry paste** and **garlic** and cook until fragrant, **1 minute**. Add a pinch of **sugar**, the **butter**, **water**, a pinch of **salt** and remaining **yoghurt** and simmer, stirring occasionally, until slightly thickened, **1-2 minutes**. Return **paneer** to the pan and cook, gently tossing to coat, until warmed through, **1-2 minutes**. Season to taste.

TIP: Stir the paneer gently to avoid it breaking up in the pan!

CUSTOM RECIPE

Return chicken to the pan with the paneer.



Make the toppings

In a small bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**. Add **carrot** to **pickling liquid** and stir to coat. Set aside until serving. In a second small bowl, combine 1/2 the **Greek-style yoghurt** and **cucumber**. Season and mix well. Set aside.



Heat the tortillas

While the sauce is cooking, microwave **mini flour tortillas** on a plate for **10 second** bursts, until warmed through.



Cook the paneer

Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. When oil is hot, using tongs, shake any excess flour off **paneer**, then add to the pan. Cook **paneer**, tossing occasionally, until golden, **5-6 minutes**. Transfer to a plate lined with paper towel.

CUSTOM RECIPE

After cooking paneer, return frying pan to high heat with a drizzle of olive oil. When oil is hot, shake excess flour off chicken. Then cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes.



Serve up

Drain pickled carrot. Build your tacos by topping tortillas with **salad leaves**, Bengal paneer and pickled carrot. Spoon over cucumber raita and garnish with herbs to serve.

Enjoy!