



# Paneer & Lemon Pepper Roast Veggie Bowl

with Almonds & Garlic Yoghurt

Grab your Meal Kit with this symbol



Parsnip



Cauliflower



Red Onion



Roasted Almonds



Paneer



Peeled & Chopped Pumpkin



Lemon Pepper Spice Blend



Garlic



Yoghurt



Spinach & Rocket Mix

Hands-on: **20-30** mins  
Ready in: **45-55** mins

Here's a hearty vegetarian meal that brings inspiration from across the globe to your plate. Flavourful paneer meets roasted vegetables tossed with lemon pepper spices, and there's a tangy yoghurt dressing plus toasted almonds to finish it off.

*Unfortunately, this week's courgette was in short supply, so we've replaced it with parsnip. Don't worry, the recipe will be just as delicious!*

### Pantry items

Olive Oil, Vinegar (White Wine or Red Wine)

## 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

Oven tray lined with baking paper  
Medium frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
parsnip	1	2
cauliflower	1 portion (200g)	1 portion (400g)
red onion	1 (medium)	1 (large)
roasted almonds	1 packet	2 packets
paneer	½ block	1 block
peeled & chopped pumpkin	1 packet (400g)	1 packet (800g)
lemon pepper spice blend	1 sachet	2 sachets
garlic	1 clove	2 cloves
yoghurt	1 packet	1 packet
vinegar* (white wine or red wine)	1 tsp	2 tsp
spinach & rocket mix	1 bag (60g)	1 bag (120g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2910kJ (695Cal)	400kJ (96Cal)
Protein (g)	39.9g	5.5g
Fat, total (g)	42.9g	5.9g
- saturated (g)	20.3g	2.8g
Carbohydrate (g)	30.9g	4.3g
- sugars (g)	22.0g	3.0g
Sodium (g)	1920mg	265mg

### Allergens

Please visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



### 1. Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Cut the **parsnip** into 2cm chunks. Cut the **cauliflower** into small florets and roughly chop the stalk. Cut the **red onion** into 2cm wedges. Roughly chop the **roasted almonds**. Cut the **paneer** (see **ingredients list**) into 1cm-thick slices.

**TIP:** Cut the veggies to the correct size so they cook in the allocated time.



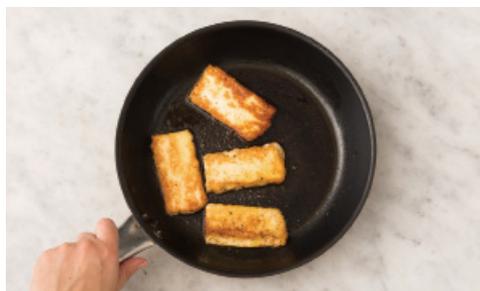
### 2. Roast the veggies

Place the **peeled & chopped pumpkin, parsnip, cauliflower, onion, lemon pepper spice blend** and a **generous drizzle of olive oil** on an oven tray lined with baking paper. Toss to coat and roast until tender, **25-30 minutes**.



### 3. Make the garlic yoghurt

While the veggies are roasting, finely chop the **garlic** (or use a garlic press). In a medium frying pan, heat **olive oil (2 tsp for 2 people / 4 tsp for 4 people)** and the **garlic** over a medium-high heat. Cook until fragrant, **1 minute**. Transfer to a small bowl and allow to cool for **5 minutes**. Add the **yoghurt** to the **garlic oil mixture** and whisk to combine. Season to taste with **salt** and **pepper**. Set aside.



### 4. Cook the paneer

When the veggies have **5 minutes** cook time left, return the frying pan to a medium-high heat with a **drizzle of olive oil**. When the oil is hot, add the **paneer** to the pan and cook until golden brown, **3 minutes** each side.



### 5. Make the salad

In a medium bowl, add **olive oil (2 tsp for 2 people / 4 tsp for 4 people)** and the **vinegar**. Season with **salt** and **pepper** and mix well. Add the **spinach & rocket mix** and toss to combine.

**TIP:** Toss the salad just before serving to keep the leaves crisp.



### 6. Serve up

Divide the salad between plates and top with the roasted lemon pepper veggies and paneer. Spoon over the garlic yoghurt and sprinkle with the roasted almonds.

**Enjoy!**