



Quick Berbere-Spiced Paneer Curry

with Veggies & Rapid Rice

Grab your Meal Kit with this symbol



Basmati Rice



Paneer



Red Onion



Capsicum



Garlic



Berberese Seasoning



Chopped Tomatoes



Vegetable Stock Powder



Baby Spinach Leaves



Greek-Style Yoghurt



Coriander

Hands-on: 15-25 mins
Ready in: 20-30 mins

Pop your uggies on and grab a bowl of this rich, creamy, comforting curry. With golden cubes of paneer, spinach and capsicum, this gently spiced dish is a delight from start to finish.

Pantry items

Olive Oil

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 packet	1 packet
paneer	1 packet	2 packets
salt*	¼ tsp	½ tsp
red onion	1 (medium)	1 (large)
capsicum	1	2
garlic	3 cloves	6 cloves
Berberé seasoning	1 sachet	2 sachets
chopped tomatoes	1 tin	2 tins
vegetable stock powder	1 sachet	2 sachets
baby spinach leaves	1 bag (30g)	1 bag (60g)
Greek-style yoghurt	1 medium packet	1 large packet
coriander	1 bunch	1 bunch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3999kJ (955Cal)	584kJ (139Cal)
Protein (g)	52.1g	7.6g
Fat, total (g)	42.7g	6.2g
- saturated (g)	28.8g	4.2g
Carbohydrate (g)	93.3g	13.6g
- sugars (g)	23.2g	3.4g
Sodium (mg)	1713mg	250mg

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.



Cook the rice

Boil a kettle of water. Half-fill a medium saucepan with the boiling water. Add the **basmati rice** and a pinch of **salt** and cook, uncovered, over a high heat until tender, **12 minutes**. Drain and set aside.



Cook the paneer

While the rice is cooking, cut the paneer into 2cm cubes. Heat a large frying pan over a medium-high heat with a generous drizzle of **olive oil**. When the oil is hot, add the **paneer** and the **salt** and cook, tossing occasionally, until crispy and golden brown, **4-5 minutes**. Transfer to a plate lined with paper towel.



Prep the veggies

While the paneer is cooking, thinly slice the **red onion**. Roughly chop the **capsicum**. Finely chop the **garlic**.



Cook the veggies

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **onion** and **capsicum** until softened, **4-5 minutes**. Add the **Berberé seasoning** and **garlic** and cook until fragrant, **1 minute**.



Bring it all together

Add the **vegetable stock powder** to the frying pan, then stir to combine and simmer until slightly thickened, **1-2 minutes**. Add the **baby spinach leaves**, then return the **paneer** to the frying pan and cook until spinach has wilted, **1-2 minutes**. Remove from heat, then add **Greek-style yoghurt**, stirring, until combined. Season to taste.



Serve up

Divide the rice between bowls. Top with the Berberé-spiced paneer curry and veggies. Tear over the **coriander**.

Enjoy!