



Sheet-Pan Tandoori Paneer

with Roasted Veggies and Tomato Chutney

VEGGIE

SPICY

30 Minutes



Paneer Cheese



Indian Spice Mix



Greek Yogurt



Basmati Rice



Sweet Bell Pepper



Red Onion



Brown Mustard Seeds



Roma Tomato



Cilantro



Lime



Chili Powder

HELLO TOMATO CHUTNEY

Turn tomatoes, shallots, sugar and mustard seeds into a delicious condiment

START HERE

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Heat Guide for Step 3:

- Mild: ¼ tsp
- Medium: ½ tsp
- Spicy: 1 tsp
- Extra-spicy: 2 tsp

Bust Out

Baking Sheet, Medium Non-Stick Pan, Medium Pot, Parchment Paper, Whisk, Zester, Medium Bowl, Measuring Cups, Measuring Spoons

Ingredients

	2 Person	4 Person
Paneer Cheese	1	2
Indian Spice Mix	1 tbsp	2 tbsp
Greek Yogurt	100 g	200 g
Basmati Rice	¾ cup	1 ½ cup
Sweet Bell Pepper	160 g	320 g
Red Onion	113 g	227 g
Brown Mustard Seeds	1 tsp	2 tsp
Roma Tomato	160 g	320 g
Cilantro	7 g	14 g
Lime	1	2
Chili Powder	1 tsp	1 tsp
Sugar*	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.

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1. COOK RICE

Bring **1 ¼ cups water** (dbl for 4 ppl) to a boil in a medium pot. Add **rice** to the **boiling water**. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min.



4. PREP

Meanwhile, while **veggies** and **panner** cook, zest, then juice **half the lime** (1 whole lime for 4 ppl). Cut **remaining lime** into wedges. Cut **tomatoes** into ½-inch cubes. Roughly chop **cilantro**. Cut the **remaining onion** into ½-inch pieces.



2. PREP

While the **rice** cooks, cut the **paneer** into ½-inch pieces. Core, then cut the **pepper** into ½-inch slices. Cut the **onion** in half, then peel. Cut **half the onion** (one whole onion for 4 ppl) into ½-inch slices.



5. MAKE CHUTNEY

Heat a medium non-stick pan over medium heat. When hot, add **½ tsp mustard seeds** (dbl for 4 ppl). Cook, swirling the pan occasionally, until toasted, 1 min. (**TIP:** You will hear seeds pop, which means they are toasting!) Add the **tomatoes**, **chopped onions** and **1 tbsp sugar** (dbl for 4 ppl) to the pan. Cook, stirring often, until saucy, 6-8 min. Remove pan from heat and add the **lime juice**. Season with **salt** and **pepper**.



3. COOK VEGGIES & PANEER

Whisk the **Indian Spice Mix**, **yogurt** and **¼ tsp chili pepper** (dbl for 4 ppl) (**NOTE:** Reference Heat Guide) together in a medium bowl. Season with **salt** and **pepper**. Add the **paneer**, **sliced onions** and **peppers** and toss to combine. Arrange on a parchment-lined baking sheet. Roast, in **middle** of oven, flipping once halfway through cooking, until **veggies** are tender-crisp, 18-20 min.



6. FINISH AND SERVE

Fluff **rice** with a fork. Season with **salt** and stir in the **lime zest** and **half the cilantro**. Top with the **tandoori paneer** and **veggies**. Sprinkle over **remaining cilantro**. Dollop over the **tomato chutney**.

Dinner Solved!