



# Sweet Potato Curry

## with Paneer, Peas and Nutty Brown Rice

**VEGGIE** 30 Minutes



Paneer Cheese



Brown Rice



Garlic



Ginger



Green Peas



Sweet Potato



Mild Tadka Masala



Vegetable Broth Concentrate



Coconut Milk



Cashews, chopped



Shredded Coconut



Lime



Shallot

### HELLO PANEER

*A spongy, fresh cheese common in Indian cuisine*

# Start Strong

Before starting, wash and dry all produce.

Peel ginger using a spoon's edge — you'll be able to maneuver around the knobby bits more easily!

## Bust Out

Garlic Press, Grater, Measuring Cups, Measuring Spoons, Medium Pot, Strainer, Zester, Large Non-Stick Pan, Vegetable Peeler

## Ingredients

	2 Person	4 Person
Paneer Cheese	340 g	680 g
Brown Rice	¾ cup	1 ½ cup
Garlic	6 g	12 g
Ginger	30 g	60 g
Green Peas	56 g	113 g
Sweet Potato	170 g	340 g
Mild Tadka Masala	1 tbsp	2 tbsp
Vegetable Broth Concentrate	1	2
Coconut Milk	1 can	2 can
Cashews, chopped	28 g	56 g
Shredded Coconut	1 tbsp	2 tbsp
Lime	1	1
Shallot	50 g	100 g
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

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### 1. COOK RICE & PREP

Rinse **rice** using a strainer. Combine **rice** with **1 ½ cups water** (dbl for 4 ppl) in a medium pot. Cover and bring to a boil over high heat. Once boiling, reduce heat to medium-low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 25-26 min. Remove pot from heat and set aside, still covered.



### 4. START CURRY

Heat the same pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **shallots**. Cook, stirring often, until softened, 2-3 min. Add **garlic, ginger** and **tadka masala**. Cook, stirring often, until fragrant, 1 min. Add **sweet potatoes, coconut milk, broth concentrate** and **1 ½ cups water** (dbl for 4 ppl). Bring to a simmer, stirring occasionally, until **sweet potatoes** are fork-tender and **curry** thickens slightly, 10-12 min.



### 2. TOAST NUTS & PANEER

While **rice** cooks, cut **paneer** into ½-inch cubes. Heat a large non-stick pan over medium heat. When hot, add **coconut** and **cashews** to the dry pan. Toast, stirring often, until golden, 1-2 min. Transfer to a plate and set aside. Add **paneer**, to the same pan. Pan-fry, tossing occasionally, until crispy and golden-brown, 4-5 min. Transfer to another plate and set aside.



### 5. FINISH CURRY

While **curry** cooks, zest **half the lime**, then cut into wedges (zest whole lime for 4 ppl). When **sweet potatoes** are tender, add **peas** and **paneer** to the pan. Stir together to coat. Season with **salt** and **pepper**.



### 3. PREP

While **paneer** cooks, peel, then cut **sweet potatoes** into ½-inch pieces. Peel, then finely grate **1 tbsp ginger** (dbl for 4 ppl). Peel, then cut **shallots** into ¼-inch pieces. Peel, then mince or grate **garlic**.



### 6. FINISH AND SERVE

Fluff **rice** with a fork, then stir in **lime zest** and season with **salt**. Divide **rice** between bowls and top with **curry**. Sprinkle over **shredded coconut** and **cashews**. Squeeze over a **lime wedge**, if desired.

## Dinner Solved!