



# Tandoori Paneer Cheese Tacos

with Cucumber Raita

Grab your Meal Kit with this symbol



Cucumber



Garlic



Brown Onion



Baby Spinach Leaves



Coriander



Paneer



Carrot



Greek Yoghurt



Slivered Almonds



Tandoori Paste



Mumbai Spice Blend



Mini Flour Tortillas

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

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 tandoori-smothered bites and toast the country from which we draw endless culinary inspiration.

### Pantry items

Olive Oil, Plain Flour, Sugar, 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 too.

## You will need

Medium frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cucumber	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
brown onion	1	2
baby spinach leaves	1 bag (60g)	1 bag (120g)
coriander	1 bunch	1 bunch
paneer	1 block	2 blocks
carrot	1	2
plain flour*	1 tbs	2 tbs
Greek yoghurt	1 packet (100g)	2 packets (200g)
slivered almonds	1 packet	2 packets
tandoori paste	1 packet (50g)	2 packets (100g)
Mumbai spice blend	1 sachet	2 sachets
salt*	½ tsp	1 tsp
sugar*	1 tsp	2 tsp
butter*	20g	40g
water*	⅓ cup	⅔ cup
mini flour tortillas	6	12

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	4540kJ (1080Cal)	727kJ (174Cal)
Protein (g)	47.8g	7.7g
Fat, total (g)	63.3g	10.1g
- saturated (g)	31.3g	5.0g
Carbohydrate (g)	71.4g	11.4g
- sugars (g)	21.1g	3.4g
Sodium (g)	1910mg	305mg

## 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

Finely chop the **cucumber**. Finely chop the **garlic** (or use a garlic press). Thinly slice the **brown onion**. Roughly chop the **baby spinach leaves**. Finely chop the **coriander**. Cut the **paneer** into 1cm cubes. Grate the **carrot** (unpeeled). Place the **plain flour** and a **pinch** of **salt** and **pepper** on a plate. Add the **paneer** and gently toss to coat in the **seasoned flour**. Set aside.



## 4. Make it saucy

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. When the oil is hot, add the **onion**, **carrot** and a **pinch** of **salt** and **pepper** and cook, stirring, until softened, **2-3 minutes**. Add the **tandoori paste**, **Mumbai spice blend** and **remaining garlic** and cook until fragrant, **1 minute**. Add the **salt**, **sugar**, **butter**, **water** and the **remaining Greek yoghurt** and simmer until slightly thickened, **1-2 minutes**. Add the **paneer** and cook until warmed through, **1-2 minutes**.

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



## 2. Make the raita

In a small bowl, add the **cucumber**, **coriander** (reserve some for garnish!), **1/2** the **Greek yoghurt**, a **pinch** of **garlic** and a **pinch** of **salt** and **pepper**. Mix well to combine and set aside. Heat a medium frying pan over a medium-high heat. Add the **slivered almonds** and toast until golden, **2-3 minutes**. Transfer to a second small bowl.

**TIP:** You can add more garlic if you like!



## 5. Heat the tortillas

Heat the **mini flour tortillas** in a sandwich press or on a plate in the microwave for **10 second bursts**, until warmed through.



## 3. Pan-fry the paneer

Return the frying pan to a medium-high heat with a **generous drizzle** of **olive oil**. When the oil is hot, add the **paneer**, shaking off any excess flour, and cook, tossing occasionally, until golden, **5-6 minutes**. Transfer to a plate lined with paper towel.

**TIP:** Add extra olive oil if the paneer starts to stick to the pan.



## 6. Serve up

Bring everything to the table to serve. Top the tortillas with the tandoori paneer, veggies and baby spinach. Spoon over the cucumber raita and garnish with the toasted almonds and reserved coriander.

**Enjoy!**