



Mumbai-Style Paneer & Garlic Rice Bowl

with Cherry Tomato Salad & Pickled Onion

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Red Onion



Cucumber



Cherry Tomatoes



Herbs



Salad Leaves



Paneer



Mumbai Spice Blend



Greek-Style Yoghurt

Keep an eye out...

Due to sourcing challenges over the Christmas period, some of the fresh ingredients you receive may be different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: **20-30 mins**
Ready in: **25-35 mins**

Tonight, we're bringing you a rice dish which is a delight for the senses. If you haven't cooked with delicious Indian paneer cheese before, get ready for creaminess that pairs beautifully with big, bold flavours. With the accompaniment of golden, Mumbai-style spices and a cherry tomato salad bursting with sweetness, you can tuck into this hearty bowl with confidence.

Pantry items

Olive Oil, Butter, Rice Wine Vinegar, White Wine Vinegar

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
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	1 packet
water* (for the rice)	1½ cups	3 cups
salt* (for the rice)	¼ tsp	½ tsp
red onion	½	1
rice wine vinegar*	¼ cup	½ cup
water* (for the onion)	¼ cup	½ cup
cucumber	1 (medium)	1 (large)
cherry tomatoes	1 punnet	1 punnet
herbs	1 bunch	1 bunch
salad leaves	1 bag (30g)	1 bag (60g)
paneer	1 packet	2 packets
Mumbai spice blend	1 sachet	2 sachets
salt* (for the paneer)	¼ tsp	½ tsp
white wine vinegar*	½ tbs	1 tbs
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3130kJ (747Cal)	588kJ (140Cal)
Protein (g)	30.2g	5.7g
Fat, total (g)	34.6g	6.5g
- saturated (g)	22.2g	4.2g
Carbohydrate (g)	70.9g	13.3g
- sugars (g)	10.9g	2.1g
Sodium (mg)	858mg	161mg

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 garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook the **garlic** until fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** and **salt (for the rice)**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Cook the paneer

In a large bowl, combine the **Mumbai spice blend**, **salt (for the paneer)** and a drizzle of **olive oil**. Add the **paneer** and toss to coat. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. When the oil is hot, cook the **paneer**, tossing, until browned, **3-4 minutes**. Transfer to a plate lined with paper towel.



Pickle the onion

Thinly slice the **red onion** (see ingredients). In a small bowl, combine the **rice wine vinegar**, **water (for the onion)** and a good pinch of **sugar** and **salt**. Scrunch the **onion** in your hands, then add to the **pickling liquid** and stir to coat. Set aside until serving.



Make the salad

In a medium bowl, combine the **cucumber**, **cherry tomatoes**, **herbs** (reserve some for garnish!) and **white wine vinegar**. Season with **salt** and **pepper**. Toss to combine.



Get prepped

Roughly chop the **cucumber**. Halve the **cherry tomatoes**. Roughly chop the **herbs**. Roughly chop the **salad leaves**. Cut the **paneer** into 1cm cubes.



Serve up

Drain the pickled onion. Stir the salad leaves into the garlic rice. Divide the garlic rice, Mumbai-style paneer, cherry tomato salad and pickled onion between bowls. Serve with the **Greek-style yoghurt** and garnish with the reserved herbs.

Enjoy!