



# PUMPKIN, COCONUT & PANEER CURRY

with Basmati Rice



Make a paneer curry



Carrot



Peeled & Chopped Pumpkin



Basmati Rice



Brown Onion



Garlic



Coriander



Paneer



Lemon



Mild North Indian Spice Blend



Coconut Milk



Baby Spinach Leaves



Crushed Peanuts



Hands-on: **35-45 mins**

Ready in: **40-50 mins**

Pop your uggies on and grab a bowl of this rich, creamy, comforting curry. With golden cubes of paneer (a fresh cheese popular in India that doesn't melt and has a mild, milky flavour), spinach and pumpkin, this gently spiced dish is a delight from start to finish.

**Pantry Staples:** Olive Oil



# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **medium saucepan** with a **lid** • **medium frying pan**



## 1 BAKE THE VEGGIES

Preheat the oven to **220°C/200°C fan-forced**. Cut the **carrot** (unpeeled) into 1cm chunks. Place the **carrot, peeled & chopped pumpkin**, a **drizzle of olive oil** and a **pinch of salt** and **pepper** on an oven tray lined with baking paper. Toss to coat, then bake until tender, **20-25 minutes**. **TIP:** Cut the veggies to the correct size so they cook in the allocated time!



## 2 COOK THE RICE

While the veggies are roasting, add the **water (for the rice)** to a medium saucepan and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan 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!



## 3 GET PREPPED

While the rice is cooking, finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Finely chop the **coriander**. Cut the **paneer** into 1cm cubes and season with **salt**. Slice the **lemon** (see ingredients list) into wedges.



## 4 START THE CURRY

In a medium frying pan, heat a **good drizzle of olive oil** over a medium-high heat. When the oil is hot, add the **paneer**, turning occasionally, until crispy and golden brown, **4-5 minutes**. Set aside on a plate lined with paper towel. Wipe out the frying pan and return to a medium-high heat with a **drizzle of olive oil**. Add the **onion** and cook until softened, **4 minutes**. Add the **garlic** and **mild North Indian spice blend** (see ingredients list) and cook until fragrant, **1 minute**.



## 5 FINISH THE CURRY

Add the **coconut milk, water (for the curry)** and the **salt** to the frying pan. Bring to the boil, then simmer, stirring occasionally, until thickened slightly, **8-10 minutes**. Add the **baby spinach leaves**, roasted **veggies** and the **paneer**. Stir until the spinach has wilted. Season with **pepper** to taste.



## 6 SERVE UP

Divide the basmati rice between bowls. Top with the pumpkin, coconut and paneer curry. Garnish with the **crushed peanuts**, coriander and squeeze over the lemon.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
carrot	1	2
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
water* (for the rice)	1½ cups	3 cups
basmati rice	1	2
brown onion	1	2
garlic	2 cloves	4 cloves
coriander	1 bunch	1 bunch
paneer	1 block	2 blocks
lemon	½	1
mild North Indian spice blend	1½ sachets	3 sachets
coconut milk	1 tin (400ml)	2 tins (800ml)
water* (for the curry)	½ cup	¾ cup
salt*	1 tsp	2 tsp
baby spinach leaves	1 bag (60g)	1 bag (120g)
crushed peanuts	1 packet	2 packets

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	4840kJ (1160Cal)	674kJ (161Cal)
Protein (g)	38.6g	5.4g
Fat, total (g)	65.7g	9.2g
- saturated (g)	40.5g	5.6g
Carbohydrate (g)	91.3g	12.7g
- sugars (g)	22.4g	3.1g
Sodium (g)	214mg	30mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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