



# Spiced Paneer & Roasted Veggie Salad

with Mint Yoghurt

Grab your Meal Kit with this symbol



Cauliflower



Carrot



Parsnip



Brown Onion



Kumara



Mint



Paneer



Yoghurt



Flaked Almonds



Mumbai Spice Blend



Mixed Salad Leaves

Hands-on: **20-30 mins**  
Ready in: **35-45 mins**

If you haven't cooked with delicious Indian paneer cheese before, get ready for creaminess that pairs beautifully with big, bold flavours. Toss it all together with a colourful array of roasted veggies, finish with a drizzle of mint yoghurt and voila, you've got yourself a dinner for the senses.

## Pantry items

Olive Oil, Rice 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

Oven tray lined with baking paper  
Large frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (200g)	1 portion (400g)
carrot	1	2
parsnip	1	2
brown onion	1 (medium)	1 (large)
kumara	1 (medium)	1 (large)
mint	1 bunch	1 bunch
paneer	1 packet (300g)	2 packets (600g)
yoghurt	1 packet	1 packet
water*	2 tsp	4 tsp
flaked almonds	1 packet	2 packets
Mumbai spice blend	1 sachet	2 sachets
rice wine vinegar*	2 tsp	4 tsp
mixed salad leaves	1 bag (60g)	1 bag (120g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2970kJ (711Cal)	445kJ (106Cal)
Protein (g)	40.9g	6.1g
Fat, total (g)	39.7g	5.9g
- saturated (g)	24.2g	3.6g
Carbohydrate (g)	39.1g	5.9g
- sugars (g)	25.3g	3.8g
Sodium (g)	396mg	59mg

### 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. Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **cauliflower** into small florets. Cut the **carrot** and **parsnip** (both unpeeled) into 2cm chunks. Slice the **brown onion** into 3cm wedges. Cut the **kumara** (unpeeled) into 1cm chunks. Place the **veggies** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **good pinch** of **salt** and **pepper**. Spread in a single layer and roast until tender, **25-30 minutes**.

**TIP:** Cut the veggies to the correct size so they cook in the allocated time.



## 2. Get prepped

While the veggies are roasting, pick and finely chop the **mint** leaves. Cut the **paneer** into 1cm pieces. In a small bowl, combine the **yoghurt**, **mint**, the **water** and a **drizzle** of **olive oil**. Season to taste with **salt** and **pepper**. Set aside.



## 3. Toast the almonds

Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl.



## 4. Cook the paneer

In a large bowl, combine the **Mumbai spice blend**, a **generous drizzle** of **olive oil** and a **pinch** of **salt**. Add the **paneer** and toss to coat. When the **veggies** have **5 minutes** cook time remaining, return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **paneer** and cook, tossing occasionally, until golden, **4 minutes**.



## 5. Make the salad

While the paneer is cooking, combine the **rice wine vinegar**, **olive oil** (**1 tbs for 2 people / 2 tbs for 4 people**) and a **pinch** of **salt** and **pepper** in a large bowl. Add the **mixed salad leaves** and roasted **veggies** and toss to coat.

**TIP:** Toss the salad just before serving to keep the leaves crisp.



## 6. Serve up

Divide the roasted cauliflower salad between bowls and top with the Indian paneer. Drizzle over the mint yoghurt and garnish with the toasted almonds.

**Enjoy!**