

Paneer Makhni:

Creamy Indian Tomato Curry

hellóchef

There's plenty of depth of flavour in this creamy, comforting curry.

Cals 1061 • Prot 45 • Carbs 106 • Fat 59

Vegetarian

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🕒 cook: 40 min

R2383



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Curry	2 ppl	3 ppl	4 ppl	
Red onion	1	1	2	Piece
Garlic cloves	3	4	6	Piece
Ginger	30	45	60	Grams
Butter 4*	20	30	50	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Coriander cumin powder	4	4	8	Grams
Garam masala	4	5	8	Grams
Turmeric powder	2	4	4	Grams
Chilli powder	2	2	2	Grams
Tomato paste	50	70	70	Grams
Tomato passata	200	400	400	Grams
Water	200	200	400	ML
Vegetable stock cube 15*	1	1	1	Piece
Cooking cream 4*	100	200	200	ML
Cashew nuts 1*, 2*	40	60	80	Grams
Paneer 4*	250	375	500	Grams
Black pepper	0.5	0.5	1	Tsp
Rice				
Basmati rice	150	225	300	Grams
Salt	0.5	0.5	1	Tsp
Water	300	450	600	ML
To serve				
Fresh coriander	15	15	15	Grams

Allergens

*4 Milk, *15 Celery, *1 Peanuts, *2 Tree Nuts

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	4429 / 1061
Fat (g)	58.5
of which saturates (g)	33.4
Carbohydrate (g)	106
of which sugars (g)	12.1
Fiber (g)	7.9
Protein (g)	45.2
Salt (g)	1.2

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Peel and chop the **onion** and **garlic**. Peel and grate the **ginger**.



2 Fry

Heat a pan over a medium-high heat. Once hot, add the **butter**, **oil** and **onion**. Fry the **onion** with a pinch of **salt** for 5 min. Add the **garlic**, **ginger**, **coriander cumin powder**, **garam masala**, **turmeric**, **chilli powder (spicy!)** and **tomato paste**. Cook for 3 min.

Tip! If cooking for kids, go easy on the chilli powder or completely omit it.



3 Simmer

Add the **tomato passata**, **measured water**, {0.5/1/1} **vegetable stock cube**, **cooking cream** and **cashew nuts**. Cover, reduce the heat to low and simmer gently for 15-20 min.

Tip! For extra creaminess, soak the cashew nuts in water for 2-4 hours. Why not fry the paneer cubes in a second pan before adding them to the curry?



4 Boil rice

Meanwhile, add the **basmati rice**, **salt** and the **measured water** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Remove the pan from the heat and keep covered until serving. Fluff with a fork before serving.



5 Blend

Blend the **curry** until smooth with a hand-held blender or in a food processor. If the sauce looks too thick, add a splash of water.



6 Serve

Chop the **paneer cheese** into cubes and add them to the pureed **curry**. Bring to a simmer and cook for 5 min. Season to taste. Serve the **curry** over the **rice** and garnish with chopped **coriander**.

Tip! If cooking for kids, remove the paneer pieces without the sauce. Serve the paneer, rice and the curry sauce separately.