

Palak Paneer

with Basmati Rice

hellóchef

Palak Paneer gets its vibrant green colour from blitzing spinach in a food processor.

Cals 1066 • Prot 43 • Carbs 110 • Fat 57

Vegetarian

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🕒 cook: 30 min

R2535



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	
Paneer 4*	250	375	500	Grams
Brown onion	1	1	2	Piece
Garlic cloves	4	6	8	Piece
Large green chilli	1	1	2	Piece
Water	150	225	300	ML
Vegetable stock cube 15*	1	1	2	Piece
Ghee 4*	30	45	60	Grams
Ginger paste	10	15	20	Grams
Cumin powder	2	2	4	Grams
Garam masala	2	2	8	Grams
Chilli powder	2	2	2	Grams
Tomato passata	200	200	400	Grams
Honey	15	15	30	Grams
Cooking cream 4*	100	200	200	ML
Spinach	400	400	600	Grams
Olive oil	1	2	2	Tbsp
Salt	0.5	1	1	Tsp
Lime	1	1	2	Piece
Rice				
Basmati rice	150	225	300	Grams
Water	300	450	600	ML
Salt	0.5	1	1	Tsp

Allergens

*4 Milk, *15 Celery

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)	4453 / 1066
Fat (g)	57.4
of which saturates (g)	35.8
Carbohydrate (g)	110
of which sugars (g)	18.2
Fiber (g)	10.1
Protein (g)	42.9
Salt (g)	1.9

*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 vegetables

Chop the **paneer**. Peel and very finely chop the **brown onion**. Peel and mince the **garlic**. Finely chop the **green chilli**. Boil the **measured water** and dissolve the **vegetable stock cube** in it.



2 Boil rice

Add the **basmati rice, measured water** and **salt** 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.



3 Make sauce

Heat a pan over a medium heat. Add the **ghee** and **onion** and fry for 5-6 min until softened. Add the **garlic, green chilli (spicy!), ginger paste, cumin** and **garam masala** and **chilli powder (spicy!)**. Cook for 1 min until fragrant. Add the **vegetable stock, tomato passata, honey** and **cooking cream** and simmer for 10 min until thickened.



4 Blanch spinach

Meanwhile, trim the **spinach** stems. Roughly chop the **spinach**. Bring a pot of salted **water** to a boil. Add the **spinach** and boil for 3 min. Drain and squeeze out any excess **water**. (See pro tip!)



5 Fry paneer

Heat a second non-stick pan over a medium heat with a drizzle of **olive oil**. Once hot, add the **paneer cubes** with a pinch of **salt** and fry on all sides for a total of 5-7 min until nicely browned and starting to crisp.



6 Blitz sauce

Meanwhile, add the simmered sauce and the drained **spinach** to a food processor and blitz everything for 2-3 min or until smooth. Serve the fried **paneer** in the sauce over the **basmati rice**. Slice the **lime** into wedges and use it as garnish.