

# Mattar Paneer

## Mild Indian Pea and Cheese Curry

hellóchef

Enjoy this Punjabi classic, packed with a mixture of sweet, savoury and fresh flavours.

Cals 908 • Prot 41 • Carbs 107 • Fat 41

Vegetarian

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🕒 cook: 30 min

R2791





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	
Brown onion	1	1	2	Piece
Ginger	30	45	60	Grams
Cherry tomatoes	250	300	500	Grams
Vegetable oil	1	1	2	Tbsp
Salt	1	1	2	Tsp
Garam masala	5	8	10	Grams
Turmeric powder	2	4	4	Grams
Coriander cumin powder	4	8	8	Grams
Garlic paste	10	15	20	Grams
Tomato paste	30	50	70	Grams
Water	300	450	600	ML
Vegetable stock cube 15*	1	1	2	Piece
Green peas	250	375	500	Grams
White sugar	5	5	10	Grams
Paneer 4*	250	375	500	Grams
Cooking cream 4*	100	100	200	ML
Black pepper	0.5	1	1	Tsp
Fresh coriander	15	15	15	Grams
Rice				
Basmati rice	150	225	300	Grams
Salt	0.5	1	1	Tsp
Water	300	450	600	ML

Allergens

\*15 Celery, \*4 Milk

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)	3789 / 908
Fat (g)	41.1
of which saturates (g)	26.1
Carbohydrate (g)	107
of which sugars (g)	16.1
Fiber (g)	9.5
Protein (g)	41
Salt (g)	1.8

\*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 veg

Peel and finely chop the **onion**. Peel and grate the **ginger**. Finely chop the **cherry tomatoes**.



2 Fry onion

Heat a large non-stick pan over a low heat with a drizzle of **vegetable oil**. Once hot, add the **onion** with a pinch of **salt** and fry for 10 min.

**Tip!** Cook the onion for up to 30 min over a low heat. The longer and lower you cook them for, the sweeter they will become.



3 Cook 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.



4 Simmer sauce

To the **onions** add the **garam masala**, **turmeric**, **cumin** and **coriander powder** and cook for 1 min. Add the **ginger**, **garlic** and **tomato paste** and cook for 2 min. Add the **measured water**, **vegetable stock cube**, **cherry tomatoes**, **peas** and **sugar** and simmer for 10 min.



5 Fry paneer

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



6 Serve

After 15 min, add the fried **paneer** and a generous splash of **cream** to the **pea curry**. Season to taste with **salt** and **pepper**. Serve over the **rice** and garnish with the **coriander** leaves.