

# Cashew Paneer Curry

with Naan and Carrot Salad

hellóchef

We've kept this one mild and creamy for the whole family to enjoy!

Cals 1174 • Prot 51 • Carbs 164 • Fat 44

Vegetarian

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🕒 cook: 30 min

R2903



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
Cashew nuts 1*, 2*	40	60	80	Grams
Vegetable oil	1	1	2	Tbsp
Brown onion	1	1	2	Piece
Fresh coriander	15	15	15	Grams
Salt	0.5	0.5	1	Tsp
Ginger garlic paste	20	30	40	Grams
Curry powder	5	8	10	Grams
Smoked paprika powder	2	2	4	Grams
Turmeric powder	2	2	4	Grams
Vegetable stock cube 15*	0.5	1	1	Piece
Water	200	300	400	ML
Honey	15	15	30	Grams
Tomato paste	50	70	70	Grams
Cream cheese 4*	20	40	40	Grams

Sides

Tandoori naan 4*, 10*	2	3	4	Piece
Lime	1	2	2	Piece
Carrot	1	1	2	Piece
Golden raisins 14*	30	45	60	Grams
Fresh coriander	15	15	15	Grams
Basmati rice	150	225	300	Grams

Allergens

\*4 Milk, \*1 Peanuts, \*2 Tree Nuts, \*15 Celery, \*10 Wheat, \*14 Sulphur Dioxide

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)	4917 / 1174
Fat (g)	44.1
of which saturates (g)	22
Carbohydrate (g)	164
of which sugars (g)	28.6
Fiber (g)	10.3
Protein (g)	50.5
Salt (g)	3.9

\*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

Preheat the oven to 200°C/180°C fan. Place the **cashew nuts** in a small bowl and cover with boiling water. Set aside. Peel and finely chop the **brown onion**. Finely chop the **coriander** leaves. Chop the **paneer** into bite-sized cubes.

**Tip!** If cooking for kids, set aside a portion of the coriander to use as 'sprinkles'.



2 Fry

Heat a large pan over a medium heat with the ghee. Once hot, add the **onion** with a pinch of **salt** and fry for 5 min until softened. Add the **ginger garlic paste, coriander, curry powder, smoked paprika** and **turmeric**. Fry for 1 min further.



3 Simmer

Add the {0.5/1/1} **vegetable stock cube, measured water, honey** and **tomato paste** to the pan and simmer for 10 min further.



4 Bake naan

Meanwhile, place the **naan** onto a baking tray and heat in the hot oven for 5 min or until warmed through. Keep warm.



5 Prep salad

Meanwhile, slice the **lime** into wedges. Peel and grate the **carrots**. Add the spinach, **carrots** and **golden raisins** to a large bowl with a squeeze of **lime** juice to taste. Toss and set aside - this is your **salad**.

**Tip!** If cooking for kids, set aside a portion of the grated carrots and raisins.



6 Serve

Drain the **cashew nuts**. Grind the **cashew nuts** to a smooth paste in a pestle and mortar or in a food processor. Add the ground **cashew nuts, paneer** and **cream cheese** to the **curry** and simmer for 3 min further. Serve the **paneer curry** with the **naan** and **carrot salad** alongside. Garnish with the Nigella seeds.

**Tip!** If cooking for kids, serve the naan, paneer and carrots separately. Serve the curry sauce, golden raisins, coriander and nigella seeds as 'sprinkles' to the side.