



### Tips For Fussy Eaters

Serve with rice!

### Pro Tip

For extra creaminess, soak the cashew nuts in water for 2-4 hours or even overnight. Blitz with the soaking liquid.

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

**Takes: 30 min | Equipment Required: Food processor, Pestle & Mortar**

**Cals 1244 | Prot 44 | Carbs 105 | Fat 73**



## Ingredients

For 2 For 3 For 4

### Curry

Paneer	250	375	500	Grams
Cashew nuts	40	60	80	Grams
Brown onion	1	1	2	Piece
Fresh coriander	15	30	30	Grams
Ghee	30	45	60	Grams
Salt	0.5	1	1	Tsp
Ginger garlic paste	20	30	30	Grams
Curry powder	5	8	10	Grams
Smoked paprika powder	2	4	4	Grams
Turmeric powder	2	4	4	Grams
Vegetable stock cube	1	1	2	Piece
Water	200	300	400	ML
Honey	15	15	30	Grams
Tomato paste	50	70	70	Grams
Cream cheese	20	40	40	Grams

### Sides

Tandoori naan	2	3	4	Piece
Carrot	1	1	2	Piece
Baby spinach	60	90	125	Grams
Golden raisins	30	45	60	Grams
Lime	1	2	2	Piece
Nigella seeds	10	10	10	Grams



### 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 **onion**. Finely chop the **fresh coriander**. Chop the **paneer** into bite size pieces.



### 4 Bake naan

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



### 2 Sauté

Heat a large pan over a medium-low heat with the **ghee**. Sauté the **onion** with the **salt** for 6 min until soft. Once soft, add the **ginger garlic paste**, **coriander**, **curry powder**, **smoked paprika** and **turmeric** and cook for 1 min further.



### 5 Prep salad

Meanwhile, peel and grate the **carrots**. Wash the **spinach**. Place the **carrots**, **raisins** and **spinach** leaves in a bowl and season generously with the **lime** juice. Toss and set aside - this is your **salad**.



### 3 Simmer

Add the **stock cube**, **measured water**, **honey** and **tomato paste** to the pan and simmer for 10 min.



### 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**, simmer for 3 min further. Serve the **curry** with the **naan** and **carrot salad** on the side. Garnish with the **Nigella seeds**.



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