

# Paneer Cheese and Sweet Potato Curry with Roasted Cauliflower

**hellóchef**

Enjoy this satisfying one-pot, topped with delicious garnishes!

Cals 882 • Prot 40 • Carbs 83 • Fat 48

Vegetarian

hellochef.com • 04-383-93-99 • hello@hellochef.com

🕒 cook: 35 min

R2942





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
Sweet potatoes	400	400	600	Grams
Cauliflower	300	400	600	Grams
Brown onion	1	1	2	Piece
Vegetable oil	2	3	4	Tbsp
Salt	0.5	1	1	Tsp
Tomato paste	30	50	70	Grams
Ginger garlic paste	10	15	20	Grams
Paprika powder	2	4	4	Grams
Madras curry powder	2	4	4	Grams
Garam masala	2	2	5	Grams
Chilli powder	2	2	4	Grams
Water	200	300	400	ML
Vegetable stock cube 15*	0.5	1	1	Piece
Cooking cream 4*	100	200	200	ML
Honey	15	15	30	Grams
To serve				
Almond flakes 1*, 2*	30	45	60	Grams
Lime	2	3	4	Piece
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)	3683 / 882
Fat (g)	48.1
of which saturates (g)	26.6
Carbohydrate (g)	83
of which sugars (g)	25.6
Fiber (g)	16.3
Protein (g)	40.3
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 Roast cauliflower

Preheat the oven to 200°C/180°C fan. Separate the **cauliflower** into florets. Add the **cauliflower** florets to a lined baking tray. Drizzle with **oil** and sprinkle with **salt**, then toss to coat. Roast for 20 min.

**Tip!** Don't feel like using the oven? Boil or steam the cauliflower, or grate and fry it to make cauliflower 'rice'.



2 Prep

Meanwhile, chop the **paneer** into cubes. Peel and chop the **sweet potatoes** into bite-size cubes. Peel and chop the **onion**.



3 Start curry

Heat a pan or a pot over a medium-high heat with a drizzle of **oil**. Once hot, add the **onion** and fry with a pinch of **salt** for 5 min. Add the **sweet potatoes** and cook for 2-3 min further.



4 Simmer

Add the **tomato paste, ginger garlic paste, paprika, madras curry (spicy!), garam masala** and **chilli powder (spicy!)** and stir for 1 min. Add the **measured water** and {0.5/1/1} **vegetable stock cube**. Bring to a simmer, cover with a lid and cook over a low heat for 15-18 min, stirring occasionally. Add a splash of water if needed.



5 Prep garnish

Meanwhile, toast the **almond flakes** in a hot, dry pan for 1-2 min. Transfer to a plate and set aside. Slice the **lime** into wedges and chop the **fresh coriander** leaves.



6 Finish curry

Add the **cream, paneer cubes** and **honey** to the **curry**. Cook for a final 1-2 min. Check the seasoning. Divide the roasted **cauliflower** and the **paneer curry** among bowls and sprinkle with the toasted **almond flakes**. Garnish with **lime** wedges and **fresh coriander**.