

Paneer Fajitas

with Tandoori Peppers and Mint Raita

hellóchef

India meets Mexico in this twist on a family favourite – fajitas!

Cals 778 • Prot 41 • Carbs 73 • Fat 37

Vegetarian

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🕒 cook: 20 min

R3175



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Fajitas	2 ppl	3 ppl	4 ppl	
Paneer 4*	250	375	500	Grams
Red onion	1	2	2	Piece
Red pepper	1	2	2	Piece
Yellow pepper	1	1	2	Piece
Vegetable oil	1	1	2	Tbsp
Salt	0.5	1	1	Tsp
Honey	15	15	30	Grams
Tamarind paste	15	22	30	Grams
Tandoori masala	2	4	4	Grams
Turmeric powder	2	2	4	Grams
Chapati 10*, 11*	4	6	8	Piece
Toppings				
Tomatoes	1	2	2	Piece
Fresh coriander	15	15	30	Grams
Fresh mint	10	10	20	Grams
Cumin powder	2	2	2	Grams
Salt	0.5	1	1	Tsp
Natural yogurt 4*	170	170	340	Grams

Allergens

*4 Milk, *10 Wheat, *11 Gluten

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)	3250 / 778
Fat (g)	37.1
of which saturates (g)	20.7
Carbohydrate (g)	73
of which sugars (g)	20.2
Fiber (g)	9
Protein (g)	40.7
Salt (g)	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 Prep

Chop the **paneer** into bite-sized pieces. Peel and slice the **onion**. Deseed the **peppers** and slice them. Roughly chop the **tomatoes**.



2 Fry paneer

Heat a pan over a medium heat with a drizzle of **oil**. Add the **paneer** with a very generous pinch of **salt**. Fry for 5 min, until golden on all sides. Add the **honey** and **tamarind**. Cook for 1 final min, then remove the pan from the heat.



3 Fry vegetables

Meanwhile, heat a second pan over a medium heat with a drizzle of **vegetable oil**. Add the **peppers** and **onions**. Fry for 6 min until softened. Add the **tandoori masala (spicy!)** and **turmeric** with a splash of water cook for 2 min further.



4 Make raita

Meanwhile, finely chop the **coriander** and pick the **mint** leaves. To a blender, add the **mint** leaves, half of the **coriander** (reserve the rest for garnish), a pinch of **cumin** and **salt** and a splash of water. Blend until smooth, then transfer to a bowl and whisk in the **yogurt**. This is your **raita**.

Tip! Don't blend the yogurt! This will make watery.



5 Assemble wraps

Warm the **chapatis** in a microwave or pre-heated oven. Assemble the **fajitas** by piling the **chapatis** with the **paneer, vegetables, raita**, chopped **tomatoes** and any leftover **coriander**.