



Tips For Fussy Eaters

Fry their peppers without the spices!

Pro Tip

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

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

Takes: 20 min | Equipment Required: Blender

Cals 735 | Prot 37 | Carbs 56 | Fat 41

Ingredients For 2 For 3 For 4

Fajitas

Paneer	250	375	500	Grams
Red onion	1	2	2	Pieces
Red pepper	1	2	2	Pieces
Yellow pepper	1	1	2	Pieces
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	4	6	8	Pieces

Toppings

Tomatoes	1	2	2	Pieces
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	170	170	340	Grams



1 Prep

Chop the **paneer** into bite-sized pieces. Peel and slice the **onion**. De-seed 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. In 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 whisk in the **yogurt**. This is your **raita**.



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**.



Share Your #hellochef Pics With Us

www.hellochef.me
hello@hellochef.me
04-8855-758