Paneer Tikka Masala

with Basmati Rice and Quick Pickled Cucumbers

We've changed up our classic tikka masala curry and swapped chicken for paneer!

hellóchef

Cals 1011 • Prot 40 • Carbs 104 • Fat 56

Vegetarian • Weekly Classic

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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	
Brown onion	1	1	2	Piece
Paneer 4*	250	375	500	Grams
Ghee 4*	30	45	60	Grams
Salt	0.5	1	1	Tsp
Ginger garlic paste	10	15	20	Grams
Smoked paprika powder	2	2	4	Grams
Curry powder	5	8	10	Grams
Garam masala	2	2	5	Grams
Chipotle powder	2	2	4	Grams
Tomato paste	50	70	70	Grams
Vegetable stock cube 15*	1	1	2	Piece
Water	150	175	300	ML
Cooking cream 4*	100	200	200	ML
Honey	15	15	30	Grams
Rice				
Basmati rice	150	225	300	Grams
Water	300	450	600	ML
Salt	0.5	0.5	1	Tsp
Cucumber				
Cucumber	2	3	4	Piece
Fresh coriander	15	15	15	Grams
Lime	1	1	2	Piece
Salt	0.5	1	1	Tsp

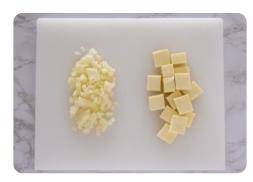
Allergens

*4 Milk, *15 Celery

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)	4221 / 1011
Fat (g)	55.9
of which saturates (g)	35.9
Carbohydrate (g)	104
of which sugars (g)	15.3
Fiber (g)	7.5
Protein (g)	40.4
Salt (g)	0.9

^{*}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

Peel and finely and chop the **onion**. Chop the **paneer** into bite-sized pieces.



2 Simmer

Heat a large non-stick pan over a medium-low heat with the ghee. Once hot, add the onion with a pinch of salt. Fry for 7-8 min until softened. Once softened, add the ginger garlic paste, smoked paprika, curry powder, garam masala and a pinch of chipotle powder (spicy!). Fry for 2 min. Add the tomato paste, stock cube and measured water. Simmer for 5 min. This is your tikka sauce.



3 Boil rice

Meanwhile, rinse the **rice** until the water runs clear. Add the **rice** and **measured water** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low. Cook with the lid on for 10-12 min or until all the water is absorbed. Once cooked, remove the pan from the heat. Keep covered until serving. Fluff with a fork before serving.



4 Prep cucumber

Meanwhile, chop the **cucumber** into small chunks. Finely chop the **coriander**. Slice the **lime** into wedges. Mix the **cucumber** and **coriander** together in a bowl with a pinch of **salt** and a squeeze of **lime** juice.



5 Finish curry

Increase the heat to medium-high. Add the paneer, cream and honey to the tikka sauce. Simmer for 4 min further.

Tip! Fry the paneer before tossing it in the creamy tikka sauce.



6 Serve

Serve the **curry** over the **basmati rice** with the **cucumber salad** to the side. Serve any remaining **lime** wedges as a garnish.