



APR
2017

Paneer and Eggplant Curry

with Cinnamon-Spiced Rice

Paneer is a fresh semi-firm cheese commonly used in South Asian cuisine. Its mild flavour complements this curry sauce perfectly! Coupled with pan-fried eggplant, this delicious dish makes the perfect vegetarian meal.



Paneer Cheese



Basmati Rice



Baby Eggplant



Garlic



Ginger



Cilantro



Paneer Masala



Cinnamon Stick



Coconut Milk

Ingredients

| | | | | |
|----------------------|----|----------|----------------|------------------------------|
| Paneer Cheese | 1) | 2 People | 1 pkg (340 g) | *Not Included |
| Basmati Rice | | | 1 pkg (170 g) | Allergens |
| Baby Eggplant | | | 2 | 1) Milk/Lait |
| Garlic | | | 1 pkg (10 g) | |
| Ginger | | | 30 g | |
| Cilantro | | | 1 pkg (10 g) | |
| Paneer Masala | | | 1 pkg (1 tbsp) | Tools |
| Cinnamon Stick | | | 1 | Medium Pot, Measuring Cups, |
| Coconut Milk | | | 1 can | Measuring Spoons, Large Non- |
| Olive or Canola Oil* | | | | Stick Pan |

Nutrition per person Calories: 1284 cal | Fat: 74 g | Protein: 55 g | Carbs: 96 g | Fibre: 8 g | Sodium: 1728 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



1 Prep: Wash and dry all produce. In a medium pot, bring **1½ cups salted water** to a boil. Cut the **paneer** into ½-inch cubes. Cut the stem off the **eggplant**, then chop into ½-inch cubes. Mince or grate the **garlic**. Peel and mince **1 tbsp ginger**. Roughly chop the **cilantro**.

3



2 Cook the rice: Add the **rice** and **cinnamon stick** to the boiling water. Reduce the heat to medium-low. Cover with a lid, and cook until the rice is tender and the water has been absorbed, 10-12 min.

3 Sear the paneer: Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **paneer**. Cook until golden-brown, 1 min per side. Transfer to a paper towel-lined plate.

4



4 Cook the eggplant: Add a drizzle of **oil** to the pan, then the **eggplant**. Cook, stirring occasionally, until golden-brown, 7-8 min.

5 Make the curry: Add the **paneer masala**, **garlic** and **ginger** to the pan. Cook, stirring constantly, for 1 min. Add **coconut milk** and **½ cup water**. Bring to a boil, then reduce the heat to medium-low. Add the **paneer** and simmer until the sauce thickens slightly, 5-7 min. Season with **salt**.

5



6 Add half the cilantro to the curry and stir together. Remove the **cinnamon stick** from the **rice**, then fluff with a fork.

7 Finish and serve: Divide the **cinnamon rice** between bowls. Top with the **curry** and sprinkle with **remaining cilantro**. Enjoy!

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