



# Tandoori Paneer Cheese Tacos

with Cucumber Raita

Grab your Meal Kit with this symbol



Cucumber



Garlic



Brown Onion



Baby Spinach Leaves



Coriander



Carrot



Paneer



Yoghurt



Tandoori Paste



Mumbai Spice Blend



Mini Flour Tortillas

Hands-on: 20-30 mins  
Ready in: 20-30 mins

If you haven't cooked with delicious Indian paneer cheese before, get ready for creaminess that pairs beautifully with big, bold flavours. Tuck into these tandoori-smothered bites and toast the country from which we draw endless culinary inspiration.

### Pantry items

Olive Oil, Plain Flour, Rice Wine Vinegar, Sugar, Butter



## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cucumber	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
brown onion	1 (medium)	1 (large)
baby spinach leaves	1 bag (60g)	1 bag (120g)
coriander	1 bunch	1 bunch
carrot	1	2
paneer	1 packet	2 packets
plain flour*	1 tbs	2 tbs
rice wine vinegar*	¼ cup	½ cup
water* (for the pickle)	¼ cup	½ cup
water* (for the yoghurt)	1 tsp	2 tsp
yoghurt	1 small packet	1 large packet
tandoori paste	1 packet (50g)	1 packet (100g)
Mumbai spice blend	1 sachet	2 sachets
sugar*	1 tsp	2 tsp
butter*	20g	40g
water* (for the sauce)	½ cup	¾ cup
salt*	½ tsp	1 tsp
mini flour tortillas	6	12

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	4100kJ (979Cal)	696kJ (166Cal)
Protein (g)	43.5g	7.4g
Fat, total (g)	56.7g	9.6g
- saturated (g)	30.9g	5.2g
Carbohydrate (g)	64.9g	11.0g
- sugars (g)	17.4g	3.0g
Sodium (mg)	1900mg	323mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

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## Get prepped

Finely chop the **cucumber**. Finely chop the **garlic**. Thinly slice the **brown onion**. Roughly chop the **baby spinach leaves**. Finely chop the **coriander**. Grate the **carrot** (unpeeled). Cut the **paneer** into 1cm cubes. In a shallow bowl, add the **plain flour** and season with **salt** and **pepper**. Add the **paneer** and gently toss to coat in the **seasoned flour**. Set aside.



## Add the sauce

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, add the **onion**, then season with **salt** and **pepper** and cook, stirring, until softened, **2-3 minutes**. Add the **tandoori paste**, **Mumbai spice blend** and remaining **garlic** and cook until fragrant, **1 minute**. Add the **sugar**, **butter**, **water (for the sauce)**, the **salt** and the remaining **yoghurt** and simmer, stirring occasionally, until slightly thickened, **1-2 minutes**. Return the **paneer** to the pan and cook, tossing to coat, until warmed through, **1-2 minutes**.

**TIP:** Stir the paneer gently to avoid it breaking up in the pan!



## Make the toppings

In a small bowl, combine the **rice wine vinegar**, **water (for the pickle)** and a good pinch of **sugar** and **salt**. Add the **carrot** to the **pickling liquid** and stir to coat. Set aside until serving. In a second small bowl, combine the **cucumber**, **coriander** (reserve some for garnish!), **water (for the yoghurt)**, 1/2 the **yoghurt** and a pinch of **garlic**. Season with **salt** and **pepper**, mix well to combine and set aside.

**TIP:** You can add more or less garlic to the raita depending on taste.



## Heat the tortillas

Heat the **mini flour tortillas** in a sandwich press or on a plate in the microwave for **10 second** bursts, until warmed through.



## Cook the paneer

Heat a large frying pan over a medium-high heat with a generous drizzle of **olive oil**. When the oil is hot, add the **paneer**, taking care not to add any excess flour to the pan, and cook, tossing occasionally, until golden, **5-6 minutes**. Transfer to a plate lined with paper towel.

**TIP:** Add extra olive oil if the paneer starts to stick!



## Serve up

Drain the pickled carrot. Bring everything to the table to serve. Build your tacos by topping the tortillas with the tandoori paneer, baby spinach, pickled carrot, cucumber raita and reserved coriander.

## Enjoy!