

Roasted Paneer & Vegetables

with Brown Rice, Arugula & Creamy Cilantro Sauce

2 SERVINGS

40-50 MINS

 **Blue Apron**
blueapron.com




 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an  icon) and instructions tailored to you.*

Ingredients

Customized ingredients

ADDED:



10 oz Tail-On Shrimp¹ 



4 oz Grape Tomatoes



½ cup Plain Nonfat Greek Yogurt



¼ cup Cilantro Sauce



3 Tbsps Roasted Cashews



4 oz Paneer Cheese



1 Red Onion



2 oz Arugula



1 Tbsp Sherry Vinegar



1 Tbsp Shawarma Spice Blend²



½ cup Brown Rice



6 oz Carrots



1 bunch Mint



2 Tbsps Dried Currants



¼ tsp Crushed Red Pepper Flakes



Serve with Blue Apron wine that has this symbol blueapron.com/wine



11 - 18

PersonalPoints™ range per serving

Now your Points value is personalized to YOU! It could be between 11-18 Points. Scan the barcode to see yours!



Scan this barcode in your WW app to track PersonalPoints. Wine is not included in PersonalPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 PersonalPoints) instead of olive oil (1 PersonalPoint per teaspoon) to coat your pan before heating.

If you customized this recipe, your PersonalPoints may differ from what's above.

To learn more about the (NEW!) WW PersonalPoints™ program, visit www.ww.com. The WW logo, PersonalPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

1. peeled & deveined 2. Ground Coriander, Cumin Seeds, Garlic Powder, Smoked Sweet Paprika & Ground Turmeric
*Ingredients may be replaced and quantities may vary.

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Halve, peel, and large dice the **onion**.
- Peel the **carrots**; halve lengthwise, then cut crosswise into 1/2-inch pieces.
- Large dice the **cheese**.
- In a large bowl, combine **half the yogurt**, **half the spice blend**, and a drizzle of **olive oil**. Season with salt and pepper; stir to combine. Add the **diced cheese** and stir to coat. Set aside to marinate, stirring occasionally, at least 10 minutes.
- Roughly chop the **cashews**.
- Pick the **mint** leaves off the stems.



2 Cook & finish the rice

- In a medium pot, combine the **rice**, **currants**, a **big pinch of salt**, and **1 cup of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 23 to 25 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork. Add the **arugula**, **vinegar**, and a drizzle of **olive oil**; season with salt and pepper. Stir to combine. Taste, then season with salt and pepper if desired.



3 Roast the vegetables & cheese

- Meanwhile, line a sheet pan with foil.
- Place the **tomatoes**, **diced onion**, and **carrot pieces** on the foil. Season with salt, pepper, the **remaining spice blend**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Drizzle with **olive oil**; toss to combine.



Step 3 continued:

- Arrange in an even layer on one side of the sheet pan.
- Transfer the **marinated cheese** to the other side of the sheet pan; drizzle with **olive oil**.
- Roast 16 to 18 minutes, or until the vegetables are tender when pierced with a fork and the cheese is lightly browned.
- Remove from the oven.



CUSTOMIZED STEP 3 If you chose Shrimp

- Meanwhile, line a sheet pan with foil.
- Pat the **shrimp** dry with paper towels (remove the tails, if desired).
- Place the **prepared shrimp**, **tomatoes**, **diced onion**, and **carrot pieces** on the sheet pan. Season with salt, pepper, the **remaining spice blend**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Drizzle with **olive oil**; toss to combine.
- Arrange in an even layer on one side of the sheet pan.
- Transfer the **marinated cheese** to the other side of the sheet pan; drizzle with **olive oil**.
- Roast 16 to 18 minutes, or until the vegetables are tender when pierced with a fork, the cheese is lightly browned, and the shrimp are opaque and cooked through.
- Remove from the oven.

4 Make the sauce & serve your dish

- Meanwhile, in a bowl, combine the **cilantro sauce** and **remaining yogurt**. Season with salt and pepper.
- Serve the **finished rice** topped with **roasted vegetables and cheese**. Drizzle with the **sauce**. Garnish with the **chopped cashews** and **mint leaves** (tearing just before adding). Enjoy!



CUSTOMIZED STEP 4 If you chose Shrimp

- Make the sauce and serve your dish as directed with the **roasted shrimp, vegetables, and cheese**.