

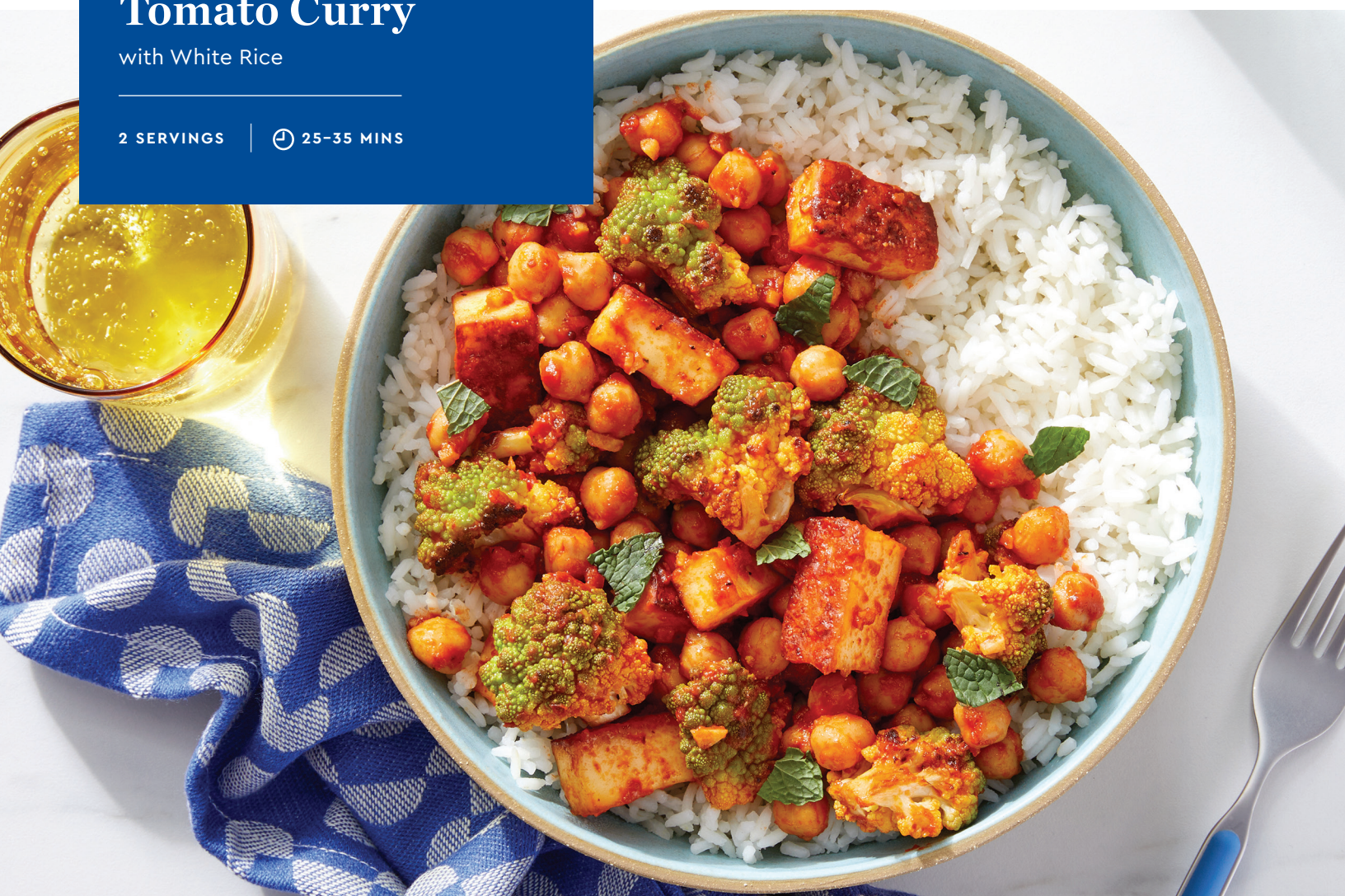
Indian-Style Paneer & Creamy Tomato Curry

with White Rice

2 SERVINGS

25-35 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 ) and instructions tailored to you.*

Ingredients

Customized ingredients


ADDED:

 10 oz Chicken Breast Strips 

 2 cloves Garlic

 1/4 cup Cream

 1/2 cup Long Grain White Rice

 1 head Romanesco Cauliflower

 1 bunch Mint

 2 Tbsps Tomato Achaar

 1 15.5-oz can Chickpeas

 1 piece Ginger

 4 oz Paneer Cheese

 2 Tbsps Tomato Paste

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

Cook along on the app



The Blue Apron app doesn't just help you manage and track your weekly deliveries—it's also a hub for cooking inspiration! Browse our thousands of recipes, watch how-to videos, and cook along to your weekly recipes with step-by-step directions tailored to your meal's preferences. Download it from the App Store or Google Play today.

*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Cut out and discard the core of the **cauliflower**; cut into small florets.
- Medium dice the **cheese**. Place in a bowl; drizzle with **olive oil** and season with salt and pepper. Toss to coat.
- Peel the **ginger**; finely chop to get 2 teaspoons (you may have extra).
- Peel and roughly chop **2 cloves of garlic**.
- Drain and rinse the **chickpeas**.
- Pick the **mint** leaves off the stems.



2 Start the cauliflower

- Place the **cauliflower florets** on a sheet pan. Drizzle with **olive oil** and season with salt and pepper. Toss to coat and arrange in an even layer on one side of the sheet pan.
- Roast 8 minutes.
- Leaving the oven on, remove from the oven.



3 Cook the rice

- Meanwhile, carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- In a small pot, combine the **rice**, 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, 13 to 15 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork.



↩️ ADDITIONAL STEP If you chose Chicken

- Pat the **chicken** dry with paper towels; season with salt and pepper.
- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned chicken in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned. Continue to cook, stirring frequently, 2 to 3 minutes, or until browned and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a plate.

4 Roast the cheese & cauliflower

- Carefully place the **seasoned cheese** on the other side of the sheet pan of **partially roasted cauliflower** and arrange in an even layer.
- Roast 14 to 16 minutes, or until the cheese is browned and the cauliflower is tender when pierced with a fork.
- Remove from the oven.



5 Make the curry & serve your dish

- Meanwhile, in a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **chopped ginger** and **chopped garlic**; season with salt and pepper. Cook, stirring constantly, 1 to 2 minutes, or until slightly softened.
- Add the **tomato paste** and **tomato ahaar**. Cook, stirring constantly, 30 seconds to 1 minute, or until thoroughly combined.
- Add the **drained chickpeas** and **½ cup of water** (carefully, as the liquid may splatter); season with salt and pepper. Cook, stirring occasionally, 5 to 6 minutes, or until the liquid is slightly thickened.
- Add the **cream** (carefully, as the liquid may splatter) and **roasted cheese and cauliflower**. Cook, stirring constantly, 30 seconds to 1 minute, or until thoroughly combined.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the **curry** over the **cooked rice**. Garnish with the **mint leaves** (tearing just before adding). Enjoy!



↩️ CUSTOMIZED STEP 5 If you chose Chicken

- Make the curry and serve your dish as directed, using the pan of reserved fond and adding the **cooked chicken** along with the roasted cheese and cauliflower.