

Roasted Paneer & Vegetables

with Brown Rice, Arugula & Creamy Cilantro Sauce

2 SERVINGS

40-50 MINS



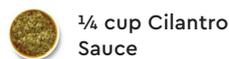
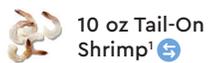
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Ingredients*

Customized ingredients

ADDED:



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



9-16 PersonalPoints[™] range per serving

Now your Points value is personalized to YOU! It could be between 9-16 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 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.

Learn more at blueapron.com/pages/wellness

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 ½-inch pieces.
- Pick the **mint** leaves off the stems.
- Large dice the **cheese**.
- In a bowl, combine the **diced cheese**, **half the spice blend**, and a drizzle of **olive oil**. Season with salt and pepper; stir to combine.



2 Cook & finish the rice

- In a medium pot, combine the **rice**, **currants**, a **big pinch of salt**, and **1 ¼ cups 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

- 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 coat. Arrange in an even layer on one side of the sheet pan.
- Roast 10 minutes.
- Leaving the oven on, remove from the oven.



4 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 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 coat. Arrange in an even layer on one side of the sheet pan.
- Roast 10 minutes, or until the shrimp are opaque and cooked through.
- Leaving the oven on, remove from the oven.

4 Roast the cheese

- Carefully drizzle the other side of the sheet pan with **olive oil**.
- Transfer the **prepared cheese** to the oiled portion of the sheet pan; drizzle with **olive oil**.
- Return to the oven and roast 6 to 8 minutes, or until the vegetables are tender when pierced with a fork and the cheese is lightly browned.
- Remove from the oven.



5 Make the sauce & serve your dish

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



5 CUSTOMIZED STEP 5 If you chose Shrimp

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