



Sticky Spiced Mango Glazed Paneer Tacos

with Chips, Lime Zest and Baby Leaf Salad

Veggie

Preparation time : 40 min.



Potatoes



Red Onion



Garlic Clove



Lime



Paneer



Medium Tomato



Curry Powder
Mix



Mango Chutney



Plain Taco
Tortillas



Baby Leaf Mix



Sugar for the
Dressing



Olive Oil for the
Dressing



Mayonnaise



What did you think of this recipe?
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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/sticky-spiced-mango-glazed-paneer-tacos-192>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Medium Bowl, Garlic Press, Zester, Chopping Board, Knife, Large Frying Pan

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Potatoes (grams)	450	700	900
Red Onion (unit(s))	1	1½	2
Garlic Clove (unit(s))	1	2	2
Lime (unit(s))	1	1½	2
Paneer (grams)	226	339	452
Medium Tomato (unit(s))	1	1½	2
Curry Powder Mix (sachet(s))	1	1	2
Mango Chutney (grams)	40	60	80
Plain Taco Tortillas (unit(s))	4	6	8
Baby Leaf Mix (grams)	20	50	50
Sugar for the Dressing (tsp)	½	1	1
Olive Oil for the Dressing (tbsp)	1	1½	2
Mayonnaise (tbsp)	4	6	8

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	4660 kJ
Energy (kcal)	1114 kcal
Fat	59.8 g
of which saturates	22.8 g
Carbohydrate	104.9 g
of which sugars	21.4 g
Dietary Fibre	9.4 g
Protein	35.1 g
Salt	2.02 g

Allergens

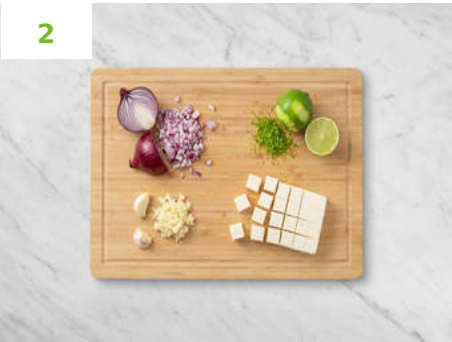
Milk, Wheat, Cereals containing gluten

Always check the product labels for allergen information.



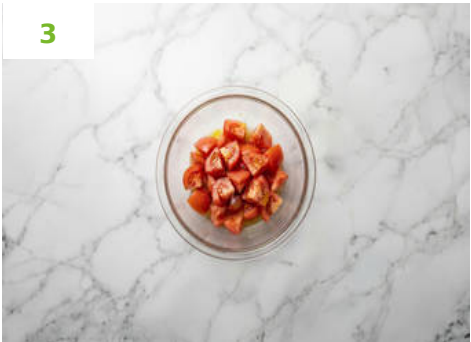
Chop your Chips

Preheat your oven to 220°C/200°C fan/gas mark 7.
Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).
Pop the **chips** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.
When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



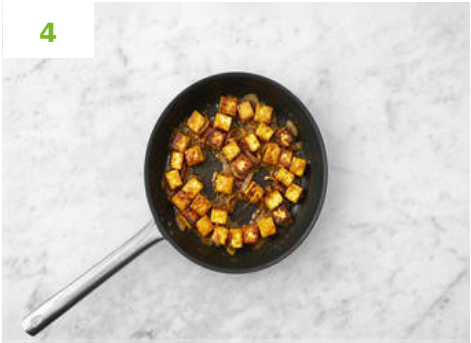
Prepare the Paneer

Meanwhile, halve, peel and chop the **red onion** into small pieces.
Peel and grate the **garlic** (or use a garlic press).
Zest and halve the **lime**.
Cut the **paneer** into 1cm cubes.



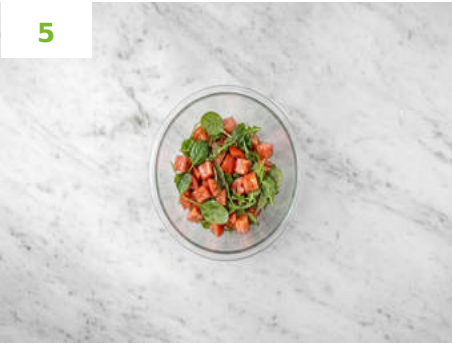
Salad Time

Cut the **tomato** into 1cm chunks.
In a medium bowl, add the **tomato chunks** along with the **sugar** and **olive oil for the dressing** (see pantry for both amounts) and **half of the lime juice**. Season with **salt** and **pepper** and toss to coat.
Set aside for later.
Slice the remaining **lime** into wedges.



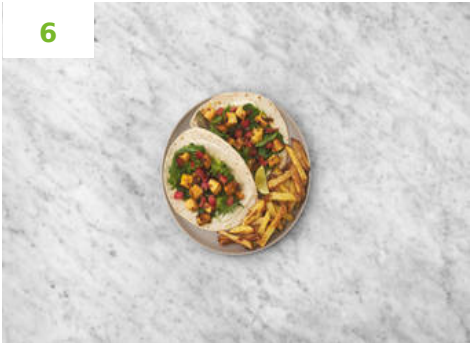
Get Sticky

10 mins before the **chips** are done, heat a drizzle of **oil** in a large frying pan on medium-high heat.
Once hot, add the **paneer chunks** and **onion** to the pan, season with **salt** and **pepper**, and sprinkle over the **curry powder**.
Fry until golden all over, 5-8 mins. Turn regularly to brown them evenly.
Add the **garlic** and fry for 1 min more.
Once the **paneer** has finished cooking, remove it from the heat and drizzle over the **mango chutney**. Turn to glaze.



Finishing Touches

Just before everything's ready, pop the **tortillas** (2 per person) into the oven to warm through, 1-2 mins.
Meanwhile, toss the **baby leaves** through the **dressing** with the **tomatoes**. **TIP:** Don't add the leaves too early or they'll go soggy.



Serve Up

Transfer the **tortillas** to your serving plates and spread over the **mayonnaise** (see pantry for amount).
Top with the **baby leaf salad** and **sticky paneer**. Sprinkle over the **lime zest**.
Serve with your **chips** and **lime wedges** alongside for squeezing over.
TIP: Tacos are best enjoyed eaten by hand - tuck in the end of the tortillas and get stuck in!

Enjoy your meal!