



Chana Masala Style Chickpea and Paneer Curry Loaded Naan

with Pickled Onion, Sweet Potato, Yoghurt Sauce and Tamarind Drizzle

Source of Fibre

Preparation time : 20 min.



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/chana-masala-style-chickpea-and-paneer-curry-loaded-naan-381>

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, Bowl, Pan, Sieve, Potato Masher

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Sweet Potato (unit(s))	1	2	2
Tandoori Masala Mix (sachet(s))	1	1	2
Red Onion (unit(s))	1	2	2
Lime (unit(s))	1	2	2
Chickpeas (carton(s))	1	1½	2
Korma Curry Paste (grams)	50	75	100
Plain Naans (unit(s))	2	3	4
Baby Leaf Mix (grams)	50	70	100
Yoghurt Sauce (grams)	30	45	60
Greek Style Salad Cheese (grams)	50	100	100
Tamarind Chutney (grams)	40	60	80
Paneer (grams)	226	339	452
Sugar for the Pickle (tsp)	1	1½	2
Water for the Sauce (milliliter(s))	75	120	150
Sugar for the Dressing (tsp)	½	¾	1
Olive Oil for the Dressing (tbsp)	1	1½	2
Butter (grams)	10	15	20

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kj)	5592 kj
Energy (kcal)	1337 kcal
Fat	61.6 g
of which saturates	29.1 g
Carbohydrate	130.7 g
of which sugars	29.8 g
Dietary Fibre	24.2 g
Protein	52.3 g
Salt	4.69 g

Allergens

Mustard, Milk, Wheat, Barley, Cereals containing gluten

Always check the product labels for allergen information.



Get Started

- a) Preheat your oven to 220°C/200°C fan/gas mark 7.
- b) Chop the **sweet potato** into 1cm chunks (no need to peel).
- c) Pop the **sweet potato** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, sprinkle over **half the tandoori masala mix**, then toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.**
- d) When the oven is hot, roast on the top shelf until golden and tender, 18-20 mins. Turn halfway through.



Pickle the Onion

- a) Meanwhile, halve, peel and slice the **red onion** as thinly as you can. Cut the **paneer** into 2cm cubes.
- b) Halve the **lime**.
- c) Pop a **quarter** of the **onion** into a small bowl and add a good squeeze of **lime juice** and **sugar for the pickle** (see pantry for amount). Add a pinch of **salt**, toss together and set aside to pickle.
- d) Drain and rinse the **chickpeas** in a sieve.



Get Frying

- a) Heat a drizzle of **oil** in a frying pan on medium-high heat.
- b) Once hot, add the remaining **onion**. Season with **salt** and **pepper** and fry, stirring occasionally, until golden and softened, 6-8 mins.
- c) Add the **chickpeas** to the pan and roughly mash **half** of them using a potato masher or the back of a fork.
- d) Stir in the remaining **tandoori masala mix**, **korma curry paste** and **water for the sauce** (see pantry for amount). Simmer until thickened, 3-4 mins. Remove from the heat.



Finish the Prep

- a) Meanwhile, heat a drizzle of **oil** in another frying pan on medium-high heat.
- b) Once hot, add the **paneer** to the pan, season with **salt** and **pepper**. Fry until golden all over, 5-8 mins. Turn regularly to brown them evenly.
- c) Once the **paneer** is golden, transfer to a plate lined with kitchen paper.
- d) In a medium bowl, combine a good squeeze of **lime juice** and the **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**. Set aside for now.
- e) Put the **naans** onto a baking tray. Sprinkle with a little **water** and pop them into the oven to warm through, 2-3 mins.



All Together Now

- a) When everything's ready, stir the **roasted sweet potato** and **butter** (see pantry for amount) into the **chickpeas**.
- b) Season with **salt** and **pepper**. Add a splash of **water** if you feel it needs it.
- c) Add the **baby leaves** to the **lime salad dressing** and toss together. **TIP: Don't add the leaves too early or they'll go soggy.**



Serve

- a) Share the **warmed naan** between your serving plates.
- b) Spoon over the **curried sweet potato** and **chickpeas**. Top with the **paneer**. Drizzle over the **yoghurt sauce** and crumble on the **Greek style salad cheese**.
- c) Drizzle over the **tamarind chutney** and scatter over the **pickled onion** to finish.
- d) Serve the **salad** alongside.

Enjoy your meal!