



READY TO COOK



Baked Paneer & Chickpea Curry

with Labneh & Naan

2 < OR > 4 SERVINGS

-  2 | 4 pieces Naan Bread
-  1 | 2 15.5-oz can Chickpeas
-  4 | 8 oz Paneer Cheese
-  3 | 6 oz Baby Spinach
-  1/4 | 1/2 cup Cream
-  1/4 | 1/2 cup Labneh Cheese
-  2 | 4 Tbsp Tomato Achar
-  1 | 2 8-oz can Tomato Sauce
-  1/2 | 1 Tbsp Vadouvan Curry Powder
-  1 | 2 Single-Use Aluminum Tray

CUSTOMIZED OPTIONS:

-  10 | 20 oz Boneless Chicken Breast Pieces
- or**
-  10 | 20 oz Shrimp¹



Cooking for 4 servings?

Cooking instructions are written for 2 servings. If you're cooking for 4, use larger pots and pans, work in batches when necessary, and double any measurements that are highlighted.

Getting Started

COOKING TOOLS
Aluminum Tray(s)

FROM YOUR PANTRY
Olive Oil
Salt
Pepper

Chef's Note

FEATURED INGREDIENT 🍷🍷🍷🍷

Our savory tomato achar is made with sweet tomatoes, a blend of traditional spices like tamarind and mustard seeds, red chile powder, and more. The irresistibly tangy, sweet, and spicy flavor combination is classic in Indian cuisine.



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¹. peeled & deveined
Ingredients may be replaced and quantities may vary.

The tray provided should only be used for cooking. It is not suitable for storing ingredients prior to cooking or the finished recipe after baking. Oxidation may occur. When you're finished, rinse and recycle the tray.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION. If you purchased this recipe outside of blueapron.com, nutrition information can be found on the retailer's product page. | Food safety handling information: blog.blueapron.com/foodsafety

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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Look for customized instructions before the next step!

1. Prepare the ingredients & bake the tray

- ☐ Preheat the oven to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Drain and rinse the **chickpeas**.
- ☐ In the tray(s), combine the **spinach, tomato sauce, tomato achar, cream** (shaking the packet before opening), **curry powder, drained chickpeas**, and **paneer** (tearing into bite-sized pieces before adding). Stir to combine.
- ☐ Add **2 tablespoons of water** to the tray (or to each tray for 4 servings). Season with salt and pepper; stir to thoroughly combine.
- ☐ Tightly cover the tray(s) with foil and bake 24 to 26 minutes, or until the liquid is slightly thickened.
- ☐ Remove from the oven. Carefully remove the foil; stir to combine.



2. Warm the naan & serve your dish

- ☐ Once the tray has baked about 15 minutes, place the **naan** on a piece of foil; drizzle each with **olive oil**. Stack the naan and wrap them in the foil.
- ☐ Place directly onto an oven rack; warm 7 to 9 minutes, or until heated through.
- ☐ Transfer to a work surface and carefully unwrap.
- ☐ Serve the **baked tray(s)** topped with the **labneh**. Serve the **warmed naan** on the side. Enjoy!



Customized Steps

CHICKEN

- ☐ Preheat the oven to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Drain and rinse the **chickpeas**.
- ☐ Pat the **chicken** dry with paper towels; season with salt and pepper.
- ☐ In the tray(s), combine the **spinach, tomato sauce, tomato achar, cream** (shaking the packet before opening), **curry powder, drained chickpeas**, and **paneer** (tearing into bite-sized pieces before adding). Stir to combine.
- ☐ Add **2 tablespoons of water** to the tray (or to each tray for 4 servings). Season with salt and pepper; stir to thoroughly combine.
- ☐ Tightly cover the tray(s) with foil and bake 24 to 26 minutes, or until the liquid is slightly thickened and the chicken is cooked through.
- ☐ Remove from the oven. Carefully remove the foil; stir to combine.

SHRIMP

- ☐ Preheat the oven to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Drain and rinse the **chickpeas**.
- ☐ Pat the **shrimp** dry with paper towels; season with salt and pepper.
- ☐ In the tray(s), combine the **spinach, tomato sauce, tomato achar, cream** (shaking the packet before opening), **curry powder, drained chickpeas**, and **paneer** (tearing into bite-sized pieces before adding). Stir to combine.
- ☐ Add **2 tablespoons of water** to the tray (or to each tray for 4 servings). Season with salt and pepper; stir to thoroughly combine.
- ☐ Tightly cover the tray(s) with foil and bake 20 minutes.
- ☐ Leaving the oven on, remove from the oven. Carefully remove the foil; stir to combine.
- ☐ Add the **seasoned shrimp** in an even layer on top of the **partially cooked base**.
- ☐ Return to the oven and bake, uncovered, 5 to 7 minutes, or until the liquid is slightly thickened and the shrimp are opaque and cooked through.
- ☐ Remove from the oven.



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