



Mumbai-Style Haloumi & Veggie Curry

with Garlic Rice & Roasted Cashews

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Carrot



Tomato



Haloumi/
Grill Cheese



Mumbai Spice
Blend



Tomato Paste



Coconut Milk



Chicken-Style
Stock Powder



Baby Spinach
Leaves



Crushed Roasted
Cashews



Haloumi/
Grill Cheese

Prep in: 20-30 mins
Ready in: 30-40 mins

This deeply rich haloumi curry is like a golden sunset. Filled to the brim with bright veggies and a sprinkling of flair from the tomato-based sauce, we think this beaming bowl will add the spice you never knew you needed to your night.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Honey

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
basmati rice	1 packet	1 packet
water* (for the rice)	1½ cups	3 cups
carrot	1	2
tomato	1	2
haloumi/ grill cheese	1 packet	2 packets
Mumbai spice blend	1 medium sachet	2 medium sachets
tomato paste	½ packet	1 packet
coconut milk	1 medium packet	2 medium packets
chicken-style stock powder	1 medium sachet	1 large sachet
honey*	2 tsp	4 tsp
water* (for the sauce)	¼ cup	½ cup
baby spinach leaves	1 small bag	1 medium bag
crushed roasted cashews	1 packet	2 packets
haloumi/ grill cheese**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3831kJ (916Cal)	824kJ (197Cal)
Protein (g)	33.6g	7.2g
Fat, total (g)	61.6g	13.2g
- saturated (g)	38.7g	8.3g
Carbohydrate (g)	84.4g	18.2g
- sugars (g)	13.4g	2.9g
Sodium (mg)	1932mg	415mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5160kJ (1233Cal)	913kJ (218Cal)
Protein (g)	55.6g	9.8g
Fat, total (g)	86.6g	15.3g
- saturated (g)	55.4g	9.8g
Carbohydrate (g)	86.2g	15.3g
- sugars (g)	14.6g	2.6g
Sodium (mg)	2932mg	519mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



Cook the garlic rice

1. Finely chop **garlic**.
2. In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
3. Add **basmati rice**, **water (for the rice)** and a generous pinch of **salt**, stir, then bring to the boil.
4. Reduce heat to low and cover with a lid.
5. Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Start the curry

1. Return the frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **carrot** and **tomato** until tender, **4-5 minutes**.
2. Add **Mumbai spice blend**, **tomato paste (see ingredients)** and remaining **garlic** and cook until fragrant, **1 minute**.



Get prepped

1. Meanwhile, thinly slice **carrot** into half-moons. Roughly chop **tomato**. Cut **haloumi** into bite-sized chunks.



Finish the curry

1. Reduce heat to medium, add **coconut milk**, **chicken-style stock powder**, the **honey** and **water (for the sauce)**.
2. Return **haloumi** to the pan and simmer until the sauce has thickened slightly, **2-3 minutes**.
3. Remove pan from heat, then stir through **baby spinach leaves** until just wilted. Season to taste.



Cook the haloumi

1. In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **haloumi**, tossing occasionally, until golden brown, **2-4 minutes**.
2. Transfer to a bowl and cover to keep warm.

Custom Recipe: If you've doubled your haloumi, cook in batches for best results!



Serve up

1. Divide garlic rice between bowls.
2. Top with Mumbai-style haloumi and veggie curry.
3. Garnish with **crushed roasted cashews** to serve. Enjoy!

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