



Sri Lankan-Style Haloumi & Green Bean Curry

with Garlic Couscous & Roasted Cashews

Grab your Meal Kit with this symbol



Garlic



Couscous



Carrot



Tomato



Green Beans



Haloumi/Grill Cheese



Sri Lankan Spice Blend



Tomato Paste



Coconut Milk



Chicken-Style Stock Powder



Baby Leaves



Crushed Roasted Cashews

Recipe Update

We've replaced the basmati rice in this recipe with couscous due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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.

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
couscous	1 large packet	2 large packets
water* (for the couscous)	1½ cups	3 cups
carrot	1	2
tomato	1	2
green beans	1 small packet	2 small packets
haloumi/grill cheese	1 packet	2 packets
Sri Lankan spice blend	1 medium sachet	1 large sachet
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 leaves	1 small packet	1 large packet
crushed roasted cashews	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3884kJ (928Cal)	754kJ (180Cal)
Protein (g)	34.5g	6.7g
Fat, total (g)	61.7g	12g
- saturated (g)	38.9g	7.6g
Carbohydrate (g)	86.1g	16.7g
- sugars (g)	14.7g	2.9g
Sodium (mg)	1932mg	375mg

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.

1



Cook the garlic couscous

- Finely chop **garlic**. In a medium saucepan, heat a drizzle of **olive oil** over medium heat.
- Add **garlic** and cook until fragrant, **1-2 minutes**. Add the **water** and bring to the boil. Add **couscous** and stir to combine.
- Cover with a lid and removed from heat. Set aside until the water has absorbed, **5 minutes**. Fluff up with a fork and season to taste.

4



Start the curry

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

2



Get prepped

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

5



Finish the curry

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

3



Cook the haloumi

- 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**.
- Transfer to a bowl and cover to keep warm.

6



Serve up

- Divide garlic couscous between bowls.
- Top with Sri Lankan-style haloumi and veggie curry.
- Garnish with **crushed roasted cashews** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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