



# One-Pot Indian Haloumi & Veggie Curry

with Toasted Flatbreads

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Baby Broccoli



Carrot



Courgette



Haloumi/Grill Cheese



Mumbai Spice Blend



Mild North Indian Spice Blend



Tomato Paste



Coconut Milk



Flatbreads



Haloumi/Grill Cheese

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

Here's a one-pot wonder that'll be ready in no time! This deeply rich haloumi curry is like a golden sun, filled to the brim with bright veggies. Tear up your flatbread to soak up the sauce, and we reckon 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, Brown Sugar

## 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

Large saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
baby broccoli	½ medium bunch	1 medium bunch
carrot	1	2
courgette	1	2
haloumi/grill cheese	1 packet	2 packets
Mumbai spice blend	1 medium sachet	2 medium sachets
mild North Indian spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
coconut milk	1 medium packet	2 medium packets
<b>water*</b>	¼ cup	½ cup
<b>brown sugar*</b>	1 tsp	2 tsp
flatbreads	2	4
haloumi/grill cheese**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3154kJ (754Cal)	509kJ (122Cal)
Protein (g)	35.5g	5.7g
Fat, total (g)	51.6g	8.3g
- saturated (g)	32.5g	5.2g
Carbohydrate (g)	64g	10.3g
- sugars (g)	16.6g	2.7g
Sodium (mg)	2220mg	358mg
Dietary Fibre (g)	8.6g	1.5g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4483kJ (1071Cal)	623kJ (149Cal)
Protein (g)	57.5g	8g
Fat, total (g)	76.6g	10.6g
- saturated (g)	49.2g	6.8g
Carbohydrate (g)	65.8g	9.1g
- sugars (g)	17.9g	2.5g
Sodium (mg)	3220mg	448mg
Dietary fibre	8.6g	1.1g

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

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## Get prepped

- Slice **baby broccoli** (see ingredients) into thirds. Thinly slice **carrot** and **courgette** into half-moons.
- Cut **haloumi** into bite-sized chunks.

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## Finish the curry

- Add **Mumbai spice blend**, **mild North Indian spice blend** and **tomato paste** and cook, until fragrant, **1 minute**.
- Reduce heat to medium, then add **coconut milk**, the **water** and **brown sugar**. Stir to combine and simmer until slightly thickened, **2-3 minutes**.
- Return **haloumi** to the pan and stir to combine. Season to taste.

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## Start the curry

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, cook **haloumi**, tossing occasionally, until golden brown, **2-4 minutes**. Transfer to a bowl.
- Return saucepan to medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli**, **carrot** and **courgette** until tender, **5-6 minutes**.

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

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## Serve up

- Meanwhile, toast or grill **flatbreads** to your liking, drizzle with olive oil and season with salt.
- Slice flatbreads in half.
- Divide one-pot Indian haloumi and veggie curry between bowls.
- Serve with toasted flatbreads. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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