



Sri Lankan-Style Haloumi & Veggie Curry

with Garlic Rice & Roasted Cashews

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Tomato



Haloumi/
Grill Cheese



Sri Lankan
Spice Blend



Tomato Paste



Coconut Milk



Chicken-Style
Stock Powder



Baby Leaves



Crushed Roasted
Cashews

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
jasmine rice	1 medium packet	1 large packet
water* (for the rice)	1¼ cups	2½ cups
carrot	1	2
tomato	1	2
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 medium packet
crushed roasted cashews	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3831kJ (916Cal)	824kJ (197Cal)
Protein (g)	33.6g	7.2g
Fat, total (g)	61.7g	13.3g
- saturated (g)	38.9g	8.4g
Carbohydrate (g)	84.4g	18.2g
- sugars (g)	13.4g	2.9g
Sodium (mg)	1932mg	415mg
Dietary Fibre (g)	9.2g	2g

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 rice

- Finely chop **garlic**.
- 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**.
- Add **jasmine rice**, **water (for the rice)** and a generous pinch of **salt**, stir, then bring to the boil.
- Reduce heat to low and cover with a lid.
- Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

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

4



Start the curry

- 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**.
- 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**. Cut **haloumi** into bite-sized chunks.

5



Finish the curry

- Reduce heat to medium, then 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 rice 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



2024 | CW18

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