



# Sri Lankan-Style Haloumi & Baby Broccoli Curry

with Garlic Rice & Roasted Cashews

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Tomato



Baby Broccoli



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

Calorie Reduced

This deeply rich haloumi curry is like a golden sunset. Filled to the brim with bright baby broccoli 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
<b>olive oil*</b>	refer to method	refer to method
garlic	3 cloves	6 cloves
<b>butter*</b>	20g	40g
jasmine rice	1 medium packet	1 large packet
<b>water*</b> (for the rice)	1¼ cups	2½ cups
carrot	1	2
tomato	1	2
baby broccoli	1 medium bunch	2 medium bunches
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
<b>honey*</b>	2 tsp	4 tsp
<b>water*</b> (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)	3941kJ (942Cal)	710kJ (170Cal)
Protein (g)	36.5g	6.6g
Fat, total (g)	62.1g	11.2g
- saturated (g)	38.9g	7g
Carbohydrate (g)	86.2g	15.5g
- sugars (g)	14.5g	2.6g
Sodium (mg)	1947mg	351mg
Dietary Fibre (g)	11.2g	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](https://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**, **baby broccoli** 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**. Halve any thicker stalks of **baby broccoli** lengthways. 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 rice between bowls.
- Top with Sri Lankan-style haloumi and baby broccoli 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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