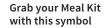
Hearty Haloumi Butter Masala with Jasmine Rice & Crushed Peanuts

















Carrot





Mumbai Spice Blend





Tomato Paste

Mild North Indian Spice Blend







Cream

Baby Leaves



Crushed Peanuts

Prep in: 20-30 mins Ready in: 25-35 mins

Eat Me Early*

*Custom Position *Custom Recipe only One haloumi masala coming right up! Squeaky haloumi is being added to a fantastic creamy tomato masala because we just know when it joins the veggies, the curry sauce and fluffy rice there will be magic in the air.

Olive Oil, Honey, Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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

mig. conc.	in ign concince				
	2 People	4 People			
olive oil*	refer to method	refer to method			
water* (for the rice)	1¼ cups	2½ cups			
jasmine rice	1 medium packet	2 medium packets			
haloumi/grill cheese	1 packet	2 packets			
onion	1/2	1			
carrot	1	2			
garlic	3 cloves	6 cloves			
Mumbai spice blend	1 medium sachet	2 medium sachets			
tomato paste	½ packet	1 packet			
mild North Indian spice blend	½ medium sachet	1 medium sachet			
honey*	1 tsp	2 tsp			
cream	½ packet	1 packet			
water* (for the sauce)	1/ ₄ cup	½ cup			
butter*	20g	40g			
baby leaves	1 medium packet	1 large packet			
crushed peanuts	1 medium packet	2 medium packets			
chicken breast**	1 medium packet	2 medium packets OR 1 large packet			

^{*}Pantry Item

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5491kJ (1312Cal)	1032kJ (247Cal)
Protein (g)	37.8g	7.1g
Fat, total (g)	87.8g	16.5g
- saturated (g)	51.7g	9.7g
Carbohydrate (g)	91.8g	17.3g
- sugars (g)	18g	3.4g
Sodium (mg)	1874mg	352mg
Dietary Fibre (g)	11.5g	2.2g
Custom Recipe		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	6262kJ (1497Cal)	883kJ (211Cal)
Protein (g)	76.7g	10.8g
Fat, total (g)	91g	12.8g
- saturated (g)	52.7g	7.4g
Carbohydrate (g)	92.9g	13.1g
- sugars (g)	18.2g	2.6g
Sodium (mg)	2009mg	283mg
Dietary fibre	11.5g	1.6g

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.



Cook the rice

- In a medium saucepan, add the water (for the rice) and bring to the boil.
- Add jasmine rice, stir, cover with a lid and reduce the heat to low. Cook for 12 minutes, then remove pan from the 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!



Get prepped

 While the rice is cooking, cut haloumi into 2cm chunks. Roughly chop onion (see ingredients).
 Thinly slice carrot into half-moons. Finely chop garlic.

Custom Recipe: If you've added chicken breast, cut into 2cm chunks.



Cook the haloumi

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Pat haloumi dry with paper towel and add to the pan.
- Cook, tossing, until golden brown, 3-4 minutes.
 Transfer to a plate.

Custom Recipe: After cooking haloumi, return frying pan to high heat with a drizzle of olive oil. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Transfer to a plate.



Start the curry

- Return the frying pan to medium-high heat with a drizzle of olive oil. Cook onion and carrot until golden, 4-5 minutes.
- Add garlic, Mumbai spice blend, tomato paste (see ingredients), mild North Indian spice blend (see ingredients) and the honey and cook until fragrant, 1 minute.



Finish the curry

- Reduce heat to medium, add cream (see ingredients) and water (for the sauce), stir well to combine.
- Return the haloumi to the pan and simmer until thickened, 2-3 minutes.
- Remove pan from heat, add the butter, baby leaves and a good pinch of pepper, and stir until just wilted.

Custom Recipe: Return chicken to pan along with haloumi. Continue with recipe as above.



Serve up

- Divide rice between bowls.
- Top with haloumi butter masala.
- Sprinkle over crushed peanuts to serve. Enjoy!

