



Hearty Haloumi Butter Masala

with Jasmine Rice & Crushed Peanuts

Grab your Meal Kit with this symbol



Jasmine Rice



Haloumi/Grill Cheese



Onion



Carrot



Garlic



Mumbai Spice Blend



Tomato Paste



Mild North Indian Spice Blend



Cream



Baby Leaves



Crushed Peanuts



Chicken Breast

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

Eat Me Early*
*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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

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

	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	½	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)	¼ 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!



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**.



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.



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.



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.



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW23

