

Haloumi Butter Masala & Jasmine Rice

with Crushed Peanuts & Baby Leaves

Grab your meal kit
with this number

34



Jasmine Rice



Haloumi/Grill
Cheese



Onion



Carrot



Garlic



Mumbai Spice
Blend



Tomato Paste



Mild North
Indian Spice Blend



Cream



Baby Leaves



Roasted Almonds



Chicken
Breast



Chicken
Thigh

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

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

Pantry items

Olive Oil, Honey, Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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	1 large packet
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	1 medium sachet	1 large 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
roasted almonds	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4635kJ (1108cal)	400kJ (96cal)
Protein (g)	34.2g	3g
Fat, total (g)	87.9g	7.6g
- saturated (g)	51.7g	4.5g
Carbohydrate (g)	47.9g	4.1g
- sugars (g)	16.8g	1.5g
Sodium (mg)	2059mg	177.8mg
Dietary Fibre (g)	8g	0.7g

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.

We're here to help!

Scan here if you have any questions or concerns

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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** 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**.



Finish the curry

- Reduce the frying pan 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 curry is thickened, **2-3 minutes**.
- Remove pan from heat, add the **butter**, **baby leaves** and a good pinch of **pepper**, and stir until just wilted.



Cook the haloumi

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **haloumi**, tossing, until golden brown, **3-4 minutes**. Transfer to a plate.



Serve up

- Roughly chop **roasted almonds**.
- Divide rice between bowls. Top with haloumi butter masala.
- Sprinkle over roasted almonds to serve. Enjoy!

CUSTOM OPTIONS

+ ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

+ ADD CHICKEN THIGH

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

