



One-Pot Indian Haloumi & Veggie Curry

with Toasted Flatbreads

CLIMATE SUPERSTAR

Grab your meal kit with this number

10



Baby Broccoli



Carrot



Courgette



Haloumi/Grill Cheese



Mumbai Spice Blend



Mild North Indian Spice Blend



Tomato Paste



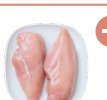
Coconut Milk



Flatbreads



Haloumi/Grill Cheese



Chicken Breast

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

Protein Rich

Here's a one-pot wonder that'll be ready in no time! This deeply rich haloumi curry is like a golden sunset, filled to the brim with bright veggies. Tear up your flatbread to soak up the sauce, and we reckon this beaming bowl will add the spice you never knew you needed to your night.

Pantry items

Olive Oil, Brown Sugar

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

Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
baby broccoli	½ medium bunch	1 medium bunch
carrot	1	2
courgette	1	2
haloumi/grill cheese	1 packet	2 packets
Mumbai spice blend	1 sachet	2 sachets
mild North Indian spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
coconut milk	1 medium packet	2 medium packets
water*	¼ cup	½ cup
brown sugar*	1 tsp	2 tsp
flatbreads	2	4

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3052kJ (729Cal)	545kJ (130Cal)
Protein (g)	34.6g	6.2g
Fat, total (g)	51g	9.1g
- saturated (g)	32.2g	5.8g
Carbohydrate (g)	60.6g	10.8g
- sugars (g)	15.8g	2.8g
Sodium (mg)	3697mg	660mg
Dietary Fibre (g)	8.8g	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](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Slice **baby broccoli** into thirds.
- Thinly slice **carrot** and **courgette** into half-moons.
- Cut **haloumi** into bite-sized chunks.



Finish the curry

- Add **Mumbai spice blend**, **mild North Indian spice blend** and **tomato paste** and cook, until fragrant, **1 minute**.
- Reduce heat to medium, then add **coconut milk**, the **water** and **brown sugar**. Stir to combine and simmer until slightly thickened, **2-3 minutes**.
- Return **haloumi** to the pan and stir to combine. Season to taste.



Start the curry

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, cook **haloumi**, tossing occasionally, until golden brown, **2-4 minutes**. Transfer to a bowl.
- Return saucepan to medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli**, **carrot** and **courgette** until tender, **5-6 minutes**.



Serve up

- Meanwhile, toast or grill **flatbreads** to your liking, drizzle with olive oil and season with salt. Slice flatbreads in half.
- Divide one-pot Indian haloumi and veggie curry between bowls.
- Serve with flatbreads. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW35



CUSTOM OPTIONS

+ DOUBLE HALLOUMI

Follow method above, cooking in batches if necessary.

+ ADD CHICKEN BREAST

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.

