



Mumbai-Style Haloumi & Veggie Curry

with Garlic Rice & Roasted Almonds

CLIMATE SUPERSTAR

Grab your meal kit with this number

32



Garlic



Jasmine Rice



Carrot



Tomato



Haloumi/Grill Cheese



Roasted Almonds



Mumbai Spice Blend



Tomato Paste



Coconut Milk



Chicken-Style Stock Powder



Baby Leaves



Haloumi/Grill Cheese



Chicken Breast

Prep in: 20-30 mins
Ready in: 30-40 mins

Protein Rich

This deeply rich haloumi curry is like a golden sunset. Filled to the brim with bright veggies 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 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
garlic	3 cloves	6 cloves
butter*	20g	40g
jasmine rice	1 medium packet	1 large packet
water* (for the rice)	1½ cups	3 cups
carrot	1	2
tomato	1	2
haloumi/grill cheese	1 packet	2 packets
roasted almonds	1 packet	2 packets
Mumbai spice blend	1 sachet	2 sachets
tomato paste	½ packet	1 packet
coconut milk	1 medium packet	2 medium packets
chicken-style stock powder	1 medium sachet	1 large sachet
honey*	2 tsp	4 tsp
water* (for the sauce)	¼ cup	½ cup
baby leaves	1 small packet	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3127kJ (747Cal)	669kJ (159Cal)
Protein (g)	31.8g	6.8g
Fat, total (g)	61.9g	13.2g
- saturated (g)	38g	8.1g
Carbohydrate (g)	44.6g	9.5g
- sugars (g)	13.4g	2.9g
Sodium (mg)	1848mg	395mg
Dietary Fibre (g)	7.7g	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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW41



Cook the garlic rice

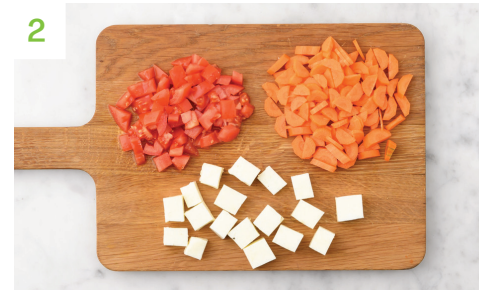
1. Finely chop **garlic**.
2. In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
3. Add **jasmine rice**, the **water (for the rice)** and a generous pinch of **salt**, stir, then bring to the boil.
4. Reduce heat to low and cover with a lid.
5. 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!



Start the curry

1. Return the frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **carrot** and **tomato** until tender, **4-5 minutes**.
2. Add **Mumbai spice blend**, **tomato paste (see ingredients)** and remaining **garlic** and cook until fragrant, **1 minute**.



Get prepped

1. Meanwhile, thinly slice **carrot** into half-moons.
2. Roughly chop **tomato**.
3. Cut **haloumi** into bite-sized chunks.
4. Roughly chop **roasted almonds**.



Cook the haloumi

1. 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**.
2. Transfer to a bowl and cover to keep warm.



Finish the curry

1. Reduce heat to medium, then 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**.
2. Remove pan from heat, then stir through **baby leaves** until just wilted. Season to taste.



Serve up

1. Divide garlic rice between bowls.
2. Top with Mumbai-style haloumi and veggie curry.
3. Garnish with roasted almonds to serve. Enjoy!

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. Stir through curry.

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

