

# Mumbai-Style Halloumi & Veggie Curry

with Garlic Rice & Almonds

CLIMATE SUPERSTAR

Grab your meal kit with this number

34



Garlic



Jasmine Rice



Carrot



Tomato



Halloumi/  
Grill Cheese



Slivered Almonds



Mumbai Spice  
Blend



Tomato Paste



Coconut Milk



Chicken-Style  
Stock Powder



Baby Leaves



Chicken  
Breast



Halloumi/  
Grill  
Cheese

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

Protein Rich

This deeply rich halloumi 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
<b>olive oil*</b>	refer to method	refer to method
garlic	3 cloves	6 cloves
<b>butter*</b>	20g	40g
jasmine rice	1 medium packet	1 large packet
<b>water*</b> (for the rice)	1½ cups	3 cups
carrot	1	2
tomato	1	2
halloumi/ grill cheese	1 packet	2 packets
slivered almonds	1 packet	2 packets
Mumbai spice blend	1 medium sachet	2 medium 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
<b>honey*</b>	½ tbs	1 tbs
<b>water*</b> (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)	4456kJ (1065Cal)	785kJ (187Cal)
Protein (g)	53.8g	9.5g
Fat, total (g)	86.9g	15.3g
- saturated (g)	54.6g	9.6g
Carbohydrate (g)	46.3g	8.2g
- sugars (g)	14.6g	2.6g
Sodium (mg)	2848mg	502mg
Dietary Fibre (g)	7.9g	1.4g

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://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 | CW45



## Cook the garlic rice

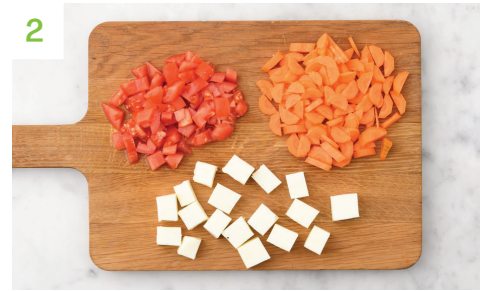
1. Finely chop **garlic**.
2. In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
3. Add **jasmine rice**, the **water (for the rice)** and a generous pinch of **salt**, stir, then bring to the boil.
4. Reduce 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**, tossing, 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 **halloumi** into bite-sized chunks.
4. Heat a large frying pan over medium-high heat. Toast **slivered almonds**, tossing, until golden, **2-3 minutes**. Transfer to a plate.



## Finish the curry

1. Reduce heat to medium, then add **coconut milk**, **chicken-style stock powder**, the **honey** and **water (for the sauce)**. Return **halloumi** 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.



## Cook the halloumi

1. Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **halloumi**, tossing occasionally, until golden brown, **2-4 minutes**.
2. Transfer to a bowl and cover to keep warm.



## Serve up

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

## CUSTOM OPTIONS

### + ADD CHICKEN BREAST

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

### + DOUBLE HALLOUMI/GRILL CHEESE

Follow method above, cooking in batches if necessary.

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

