



Indian Haloumi & Roast Veggie Curry

with Garlic Rice & Flaked Almonds

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Parsnip



Onion



Garlic



Basmati Rice



Haloumi/
Grill Cheese



Flaked Almonds



Mild Curry
Paste



Mumbai Spice
Blend



Coconut Milk



Baby Spinach
Leaves



Haloumi/
Grill Cheese

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

This darkly rich haloumi curry is like a golden sunset. Filled to the brim with bright veggies and a sprinkling of flair from the toasted almonds, we reckon this beaming bowl will add the spice you never knew you needed to your night.

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

Pantry items

Olive Oil, Butter

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
parsnip	1	2
onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	1 packet
water*	1 ½ cups	3 cups
haloumi/ grill cheese	1 packet	2 packets
flaked almonds	1 packet	2 packets
mild curry paste	1 medium packet	1 large packet
Mumbai spice blend	1 sachet	2 sachets
coconut milk	1 medium packet	2 medium packets
baby spinach leaves	1 small bag	1 medium bag
haloumi/ grill cheese**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3562kJ (851Cal)	642kJ (153Cal)
Protein (g)	35.8g	6.5g
Fat, total (g)	55.8g	10.1g
- saturated (g)	34.1g	6.1g
Carbohydrate (g)	94.4g	17g
- sugars (g)	18g	3.2g
Sodium (mg)	1436mg	259mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4808kJ (1149Cal)	746kJ (178Cal)
Protein (g)	57.8g	9g
Fat, total (g)	78.4g	12.2g
- saturated (g)	47.7g	7.4g
Carbohydrate (g)	96.5g	15g
- sugars (g)	20.2g	3.1g
Sodium (mg)	2156mg	335mg

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

2023 | CW18



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **carrot** and **parsnip** into bite-sized chunks. Cut **onion** into wedges.
- Place **carrot**, **parsnip** and **onion** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.

4



Make the curry

- When the rice has **10 minutes** remaining, return frying pan to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **haloumi**, tossing occasionally, until golden brown, **2-4 minutes**.
- Add **mild curry paste** and **Mumbai spice blend**, tossing, until fragrant, **1 minute**.
- Add **coconut milk** and a splash of **water**. Simmer until slightly thickened, **1-2 minutes**. Remove from the heat.

Custom Recipe: If you've doubled your haloumi, cook in batches for the best result.

2



Cook the garlic rice

- Meanwhile, finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water** and a generous pinch of **salt**, stir, then bring to the boil. Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!

5



Bring it all together

- Add **baby spinach leaves** and the **roast veggies** to the **curry**. Stir to combine and season to taste.

3



Get prepped

- Meanwhile, cut **haloumi** into bite-sized chunks.
- Heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl.

6



Serve up

- Divide garlic rice between bowls.
- Top with Indian haloumi and roast veggie curry.
- Garnish with toasted almonds to serve. Enjoy!

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