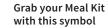


Indian Haloumi & Roast Veggie Curry

with Garlic Rice & Flaked Almonds

CLIMATE SUPERSTAR















Haloumi/



Flaked Almonds



Mumbai Spice Blend



Baby Spinach Leaves



Mild Curry





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.

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

Inaredients

9			
	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 Pacina		

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

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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.



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!



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.



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.



Bring it all together

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



Serve up

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

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate