



# Haloumi Masala & Basmati Rice

with Almonds & Coriander

TAKEAWAY FAVES

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Basmati Rice



Haloumi



Brown Onion



Carrot



Garlic



Tomato Paste



Mumbai Spice Blend



Mild North Indian Spice Blend



Light Cooking Cream



Baby Spinach Leaves



Flaked Almonds



Coriander



Haloumi

Prep in: 20-30 mins  
Ready in: 25-35 mins

In our vegetarian version of the popular Indian curry, we've used grilled haloumi in place of chicken, and the result is top-notch. The hardy cheese is perfect for soaking up the creamy, mildly spiced sauce. Serve over fluffy and fragrant rice to balance the richness and remember to add the coriander garnish for a bright and herby burst of flavour.

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

### Pantry items

Olive Oil, Honey, 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

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>water*</b> (for the rice)	1½ cups	3 cups
basmati rice	1 medium packet	1 large packet
haloumi	1 packet	2 packets
brown onion	1	2
carrot	1	2
garlic	3 cloves	6 cloves
tomato paste	1 packet	1 packet
Mumbai spice blend	1 medium sachet	2 medium sachets OR 1 large sachet
mild North Indian spice blend	½ medium sachet	1 medium sachet
<b>honey*</b>	1 tsp	2 tsp
light cooking cream	1 medium packet	1 large packet
<b>water*</b> (for the sauce)	¼ cup	½ cup
<b>butter*</b>	20g	40g
baby spinach leaves	1 medium bag	1 large bag
flaked almonds	1 medium packet	1 large packet
coriander	1 bag	1 bag
haloumi**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3948kJ (944Cal)	776kJ (185Cal)
Protein (g)	29.3g	5.8g
Fat, total (g)	53.3g	10.5g
- saturated (g)	28.9g	5.7g
Carbohydrate (g)	85.8g	16.9g
- sugars (g)	22.6g	4.4g
Sodium (mg)	1805mg	355mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5100kJ (1219Cal)	851kJ (203Cal)
Protein (g)	46.4g	7.7g
Fat, total (g)	76g	12.7g
- saturated (g)	43.3g	7.2g
Carbohydrate (g)	86.9g	14.5g
- sugars (g)	23.6g	3.9g
Sodium (mg)	2840mg	474mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/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!

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## Cook the rice

- In a medium saucepan, add the **water (for the rice)** and bring to the boil.
- Add **basmati rice**. Stir, cover with a lid and reduce heat to low.
- Cook for **10 minutes**, then remove from heat.
- 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!



## Cook the curry

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **onion** and **carrot**, tossing, until golden, **4-5 minutes**.
- Add **garlic**, **tomato paste**, **Mumbai spice blend**, **mild North Indian spice blend (see ingredients)** and the **honey** and cook until fragrant, **1 minute**.
- Reduce heat to medium, then stir in **light cooking cream** and the **water (for the sauce)**. Return **haloumi** to the pan. Simmer until thickened, **2-3 minutes**.
- Remove pan from heat, then stir in the **butter**, a pinch of **pepper** and the **baby spinach leaves**, until spinach is just wilted, **1 minute**.

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## Get prepped & cook the haloumi

- While the rice is cooking, cut **haloumi** into bite-sized chunks. Transfer **haloumi** to a medium bowl, then add enough **water** to cover.
- Roughly chop **brown onion**. Thinly slice **carrot** into half-moons. Finely chop **garlic**. Drain **haloumi**, then pat dry.
- In a large frying pan, heat a generous 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 paper towel-lined plate.

**Custom Recipe:** If you've doubled your haloumi, prep as above. Cook haloumi in batches for best results.

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## Serve up

- Divide basmati rice between bowls. Top with haloumi masala.
- Garnish with **flaked almonds**. Tear over **coriander** leaves to serve. Enjoy!

## Rate your recipe

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