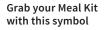


Haloumi Masala & Basmati Rice

with Almonds & Coriander

TAKEAWAY FAVES

CLIMATE SUPERSTAR









Haloumi



Brown Onion



Carrot







Mumbai Spice



Baby Spinach Leaves

Indian Spice Blend



Light Cooking





Flaked Almonds



Coriander





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.

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

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	2 People	4 People		
olive oil*	refer to method	refer to method		
water* (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		
honey*	1 tsp	2 tsp		
light cooking cream	1 medium packet	1 large packet		
water* (for the sauce)	1/4 cup	½ cup		
butter*	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				

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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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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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.



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.



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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