



One-Pot Haloumi & Veggie Indian Curry

with Mini Tortillas

NEW

Grab your Meal Kit with this symbol



Haloumi



Garlic



Tomato



Carrot & Zucchini Mix



Mild North Indian Spice Blend



Mumbai Spice Blend



Coconut Milk



Mini Flour Tortillas



Flaked Almonds



Haloumi

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

This one is packed with veggies, haloumi and the creamiest coconut curry to ever grace our kitchens. Warm mini tortillas are also here to dunk and scoop the curry goodness up in an instant!

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

Pantry items

Olive Oil

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

Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
haloumi	1 packet	2 packets
garlic	2 cloves	4 cloves
tomato	1	2
carrot & zucchini mix	1 medium bag	1 large bag
mild North Indian spice blend	1 medium sachet	1 large sachet
Mumbai spice blend	1 medium sachet	1 large sachet
coconut milk	1 packet	2 packets
water*	¼ cup	½ cup
mini flour tortillas	6	12
flaked almonds	1 medium packet	1 large packet
haloumi**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3310kJ (791Cal)	650kJ (155Cal)
Protein (g)	30.2g	5.9g
Fat, total (g)	48.2g	9.5g
- saturated (g)	30.8g	6.1g
Carbohydrate (g)	56.4g	11.1g
- sugars (g)	15.7g	3.1g
Sodium (mg)	2149mg	422mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4462kJ (1066Cal)	745kJ (178Cal)
Protein (g)	47.3g	7.9g
Fat, total (g)	71g	11.9g
- saturated (g)	45.2g	7.5g
Carbohydrate (g)	57.5g	9.6g
- sugars (g)	16.7g	2.8g
Sodium (mg)	3184mg	532mg

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.

We're here to help!

Scan here if you have any questions or concerns



1



Get prepped

- Pat **haloumi** dry then cut into bite-sized chunks.
- Finely chop **garlic**.
- Roughly chop **tomato**.

Custom Recipe: If you've doubled your haloumi, prepare haloumi as above.

3



Make the curry

- Return saucepan to high heat with a drizzle of **olive oil**.
- Cook **carrot & zucchini mix**, until tender, **5-6 minutes**.
- Reduce heat to medium then add another drizzle of **olive oil**, **mild North Indian spice blend**, **Mumbai spice blend**, **tomato** and the **garlic**, and cook until fragrant, **1 minute**.
- Add **coconut milk** and the **water**, stirring to combine. Simmer until sauce is slightly thickened, **2-3 minutes**.
- Stir through cooked **haloumi** until warmed through, **1-2 minutes**. Season to taste.

2



Cook the haloumi

- In a large saucepan, heat a 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 bowl.

Custom Recipe: Cook haloumi in batches for the best results.

4



Serve up

- Meanwhile, microwave **mini flour tortillas** on a plate in 10-second bursts until warmed through.
- Divide one-pot haloumi and veggie curry between bowls.
- Garnish with **flaked almonds** and serve with mini tortillas. Enjoy!

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