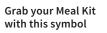


One-Pot Haloumi & Veggie Indian Curry

with Mini Tortillas

NEW

















Mild North Indian Spice Blend

Coconut Milk



Mini Flour Tortillas



Flaked Almonds



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!

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*	1/4 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.

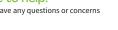
Allergens

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!

2023 | CW47

Scan here if you have any questions or concerns





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.



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.



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.



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!

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

