



Haloumi & Roast Veggie Korma Curry

with Curry Leaf Rice & Flaked Almonds

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Haloumi



Carrot



Bamboo Shoots



Curry Leaves



Basmati Rice



Mild Curry Paste



Light Cooking Cream



Baby Spinach Leaves



Flaked Almonds



Greek-Style Yoghurt



Chicken Breast

Prep in: 20-30 mins
Ready in: 30-40 mins

Eat Me Early*
*Custom Recipe only

Squeaky haloumi and roast veggies form the basis of this korma curry. With a special curry leaf twist on your typical basmati rice, you've got heat, squeak and a bowl packed with flavour.

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

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
haloumi	1 packet	2 packets
carrot	1	2
bamboo shoots	½ tin	1 tin
curry leaves	1 stem	2 stems
butter*	20g	40g
basmati rice	1 medium packet	1 large packet
water* (for the rice)	1 ½ cups	3 cups
mild curry paste	1 medium packet	2 medium packets OR 1 large packet
light cooking cream	1 medium packet	1 large packet
water* (for the curry)	¼ cup	½ cup
baby spinach leaves	1 small bag	1 medium bag
flaked almonds	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3597kJ (860Cal)	782kJ (187Cal)
Protein (g)	27.4g	6g
Fat, total (g)	49.3g	10.7g
- saturated (g)	28.2g	6.1g
Carbohydrate (g)	74.7g	16.2g
- sugars (g)	11.5g	2.5g
Sodium (mg)	2207mg	480mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3198kJ (764Cal)	598kJ (143Cal)
Protein (g)	44.2g	8.3g
Fat, total (g)	31.3g	5.9g
- saturated (g)	15.3g	2.9g
Carbohydrate (g)	73.5g	13.7g
- sugars (g)	10.5g	2g
Sodium (mg)	1256mg	235mg

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



Get prepped & roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- To a medium bowl, add **haloumi** and cover with water to soak.
- Cut **carrot** and **bamboo shoots** (**see ingredients**) into bite-sized chunks.
- Pick **curry leaves**.
- Place **carrot** and **bamboo shoots** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.



Make the curry

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **mild curry paste**, until fragrant, **1 minute**.
- Stir in **light cooking cream** and the **water (for the curry)**, until slightly thickened, **1-2 minutes**.



Cook the rice

- Meanwhile, in a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
- Cook **curry leaves** until fragrant, **1-2 minutes**. Add **basmati rice**, the **water (for the rice)** 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 the rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!



Bring it all together

- Add cooked **haloumi**, roast **veggies** and **baby spinach leaves** to the pan. Cook until wilted and combined, **1 minute**.



Cook the haloumi

- When veggies have **10 minutes** remaining, drain **haloumi** and pat dry. Cut **haloumi** into bite-sized chunks.
- In a large frying pan, 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: If you've swapped to chicken breast, cut chicken into 2cm chunks. In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Season with salt and pepper and transfer to a bowl.



Serve up

- Divide curry leaf rice between bowls.
- Top with haloumi and roast veggie korma curry.
- Sprinkle with **flaked almonds** and a dollop of **Greek-style yoghurt** to serve. Enjoy!

Rate your recipe

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