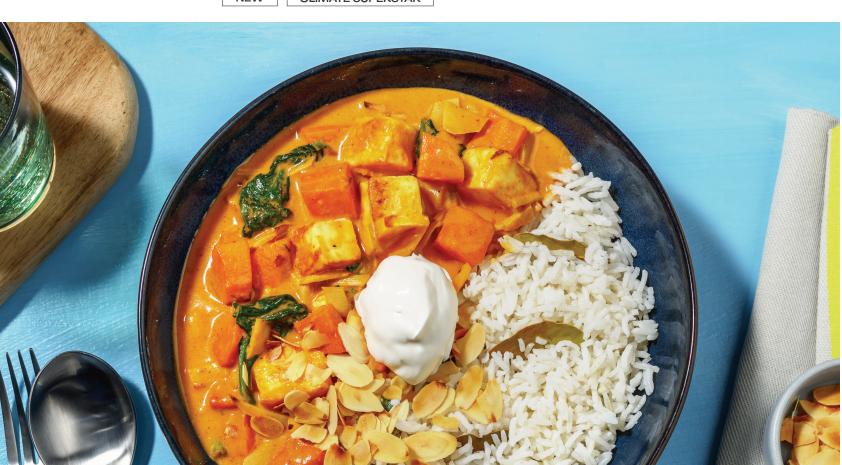


Haloumi & Roast Veggie Korma Curry with Curry Leaf Rice & Flaked Almonds

CLIMATE SUPERSTAR



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Bamboo Shoots







Basmati Rice



Light Cooking



Baby Spinach Leaves

Paste



Flaked Almonds



Yoghurt





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.

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 \cdot Medium saucepan with a lid \cdot Large frying pan

Ingredients

9		
	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)	1/4 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.



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!



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.



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.



Bring it all together

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



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!

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