



Hearty Haloumi Butter Masala & Rice

with Baby Spinach & Almonds

COSY COMFORTS

TAKEAWAY FAVES

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Basmati Rice



Brown Onion



Carrot



Garlic



Haloumi



Tomato Paste



Mumbai Spice Blend



Mild North Indian Spice Blend



Light Cooking Cream



Baby Spinach Leaves



Flaked Almonds



Coriander



Chicken Breast



THE GARFIELD MOVIE

EXCLUSIVELY IN CINEMAS

IF ANYONE KNOWS ABOUT COMFORT FOOD, IT'S GARFIELD!
Our favourite feline movie star is drooling over this delicious recipe, so we know you'll love it too. Get cosy, dig in and enjoy.

Prep in: 20-30 mins
Ready in: 25-35 mins

Eat Me Early*
*Custom Recipe only

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 spiced sauce and fluffy rice, giving you the cosiest bowl on the market!

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

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

	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
brown onion	1	2
carrot	1	2
garlic	3 cloves	6 cloves
haloumi	1 packet	2 packets
tomato paste	1 medium packet	1 large packet
Mumbai spice blend	1 medium sachet	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)	¼ cup	½ cup
butter*	20g	40g
baby spinach leaves	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet
coriander	1 packet	1 packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3906kJ (934Cal)	824kJ (197Cal)
Protein (g)	28.7g	6.1g
Fat, total (g)	51.4g	10.8g
- saturated (g)	29g	6.1g
Carbohydrate (g)	83.5g	17.6g
- sugars (g)	20.6g	4.3g
Sodium (mg)	1914mg	404mg
Dietary Fibre (g)	16.3g	3.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4622kJ (1105Cal)	723kJ (173Cal)
Protein (g)	65.3g	10.2g
Fat, total (g)	53.9g	8.4g
- saturated (g)	29.8g	4.7g
Carbohydrate (g)	83.6g	13.1g
- sugars (g)	20.6g	3.2g
Sodium (mg)	1983mg	310mg
Dietary fibre	16.5g	2.6g

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.

1



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!

3



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 **baby spinach leaves**, until spinach is just wilted, **1 minute**.

Custom Recipe: Before cooking the onion and carrot, heat pan as above. Cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes each side. Transfer to a plate and continue as above. Return cooked chicken to pan with haloumi.

2



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 added chicken breast, cut chicken into 2cm chunks.

4



Serve up

- Divide basmati rice between bowls. Top with hearty haloumi butter masala.
- Garnish with **flaked almonds**. Tear over **coriander** leaves to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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