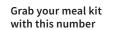


Hearty Haloumi Butter Masala & Rice with Baby Spinach & Almonds

CLIMATE SUPERSTAR













Brown Onion

Carrot





Tomato Paste



Mumbai Spice Blend

Indian Spice Blend





Thickened Cream

Baby Spinach Leaves





Flaked Almonds

Coriander





Pantry items

Olive Oil, Honey, Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
haloumi	1 packet	2 packets
brown onion	1	2
carrot	1	2
garlic	3 cloves	6 cloves
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
thickened cream	1 packet	2 packets
water* (for the sauce)	1/4 cup	½ cup
butter*	20g	40g
baby spinach leaves	1 small packet	1 medium packet
flaked almonds	1 medium packet	1 large packet
coriander	1 packet	1 packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3906kJ (934cal)	409kJ (98cal)
Protein (g)	28.7g	3g
Fat, total (g)	51.4g	5.4g
- saturated (g)	29g	3g
Carbohydrate (g)	83.5g	8.8g
- sugars (g)	20.6g	2.2g
Sodium (mg)	1914mg	200.6mg
Dietary Fibre (g)	16.3g	1.7g

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.



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 12 minutes, then remove from heat.
- Keep covered, until rice is tender and water is absorbed, 12 minutes.

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



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 thickened 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.



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.



Serve up

- · Divide basmati rice between bowls.
- · Top with haloumi masala.
- Sprinkle with flaked almonds and tear over coriander leaves to serve.
 Enjoy!



