



Hearty Haloumi Butter Masala & Rice

with Baby Spinach & Almonds

CLIMATE SUPERSTAR

Grab your meal kit with this number

9



White Rice



Haloumi



Brown Onion



Carrot



Garlic



Tomato Paste



Mumbai Spice Blend



Mild North Indian Spice Blend



Light Cooking Cream



Baby Spinach Leaves



Flaked Almonds



Haloumi



Chicken Breast

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

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!

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)	1¼ cups	2½ cups
white 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
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

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3768kJ (795cal)	795kJ (168cal)
Protein (g)	29.5g	6.2g
Fat, total (g)	51.6g	10.9g
- saturated (g)	29.6g	6.2g
Carbohydrate (g)	79.3g	16.7g
- sugars (g)	20.7g	4.4g
Sodium (mg)	1698mg	358.2mg
Dietary Fibre (g)	9.6g	2g

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

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1



Cook the rice

- In a medium saucepan, add the **water (for the rice)** and a generous pinch of **salt** and bring to the boil. Rinse and drain **white rice**.
- Add **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**.
- While the rice is cooking, cut **haloumi** into bite-sized chunks. Transfer **haloumi** to a medium bowl, then add enough **water** to cover.

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 OPTIONS



DOUBLE HALOUMI

Follow method above, cooking in batches if necessary.



ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

2



Get prepped & cook the haloumi

- 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.

4



Finish & serve

- Divide rice between bowls.
- Top with hearty haloumi masala.
- Garnish with **flaked almonds** to serve. Enjoy!

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

