



# Haloumi Butter Masala & Basmati Rice

with Almonds & Coriander

Grab your Meal Kit with this symbol



Basmati Rice



Brown Onion



Carrot



Garlic



Tomato Paste



Mumbai Spice Blend



Mild North Indian Spice Blend



Baby Spinach Leaves



Flaked Almonds



Coriander



Haloumi



Thickened Cream

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, mildly spiced sauce. Serve over fluffy and fragrant rice to balance the richness, and remember to add the coriander garnish for a bright and herby burst of flavour.

### Pantry items

Olive Oil, Honey, Butter

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>water*</b> (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
<b>honey*</b>	1 tsp	2 tsp
thickened cream	1 packet	2 packets
<b>water*</b> (for the sauce)	¼ cup	½ cup
<b>butter*</b>	20g	40g
baby spinach leaves	1 medium bag	1 large bag
flaked almonds	1 medium packet	1 large packet
coriander	1 bag	1 bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3978kJ (951Cal)	782kJ (187Cal)
Protein (g)	29.3g	5.8g
Fat, total (g)	53.3g	10.5g
- saturated (g)	28.9g	5.7g
Carbohydrate (g)	85.8g	16.9g
- sugars (g)	22.6g	4.4g
Sodium (mg)	1805mg	355mg

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](https://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

2022 | CW39



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**.
- Meanwhile, in a medium bowl, add **haloumi** and cover with **water**.

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

**TIP:** Soaking the haloumi helps mellow out the saltiness!

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

2



## Get prepped & cook the haloumi

- While the rice is cooking, roughly chop **brown onion**. Thinly slice **carrot** into half-moons. Finely chop **garlic**. Drain **haloumi**, then pat dry. Cut **haloumi** into bite-sized chunks.
- 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



## Serve up

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

## Rate your recipe

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