



Mumbai Popcorn Haloumi & Tamarind Chutney

with Cucumber Salad & Garlic Rice

NEW

Grab your Meal Kit with this symbol



Basmati Rice



Tomato



Cucumber



Mixed Salad Leaves



Cornflour



Mumbai Spice Blend



Coconut Milk



Tamarind Chutney



Garlic Paste



Haloumi



Ginger Paste

Prep in: 20-30 mins
Ready in: 30-40 mins

The best part about this recipe is that you can pack a little bit of each ingredient onto your fork and enjoy all of the flavours in one hit! Start by adding some of our go-to basmati rice as the foundation, some colourful cucumber salad to follow, then pop on top some Mumbai-spiced popcorn haloumi to complete the stack. Now all that is left is for you to devour it before we do!

Pantry items

Olive Oil, Butter, White Wine Vinegar

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
olive oil*	refer to method	refer to method
butter*	20g	40g
garlic paste	1 packet	2 packets
basmati rice	1 medium packet	1 large packet
water*	1 ½ cups	3 cups
tomato	1	2
cucumber	1	2
mixed salad leaves	1 small bag	1 medium bag
haloumi	1 packet	2 packets
white wine vinegar*	drizzle	drizzle
cornflour	½ medium packet	1 medium packet
Mumbai spice blend	1 medium sachet	1 large sachet
ginger paste	1 medium packet	1 large packet
coconut milk	1 medium tin	2 medium tins
tamarind chutney	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3586kJ (857Cal)	750kJ (179Cal)
Protein (g)	26g	5.4g
Fat, total (g)	55g	11.5g
- saturated (g)	35.3g	7.4g
Carbohydrate (g)	91.8g	19.2g
- sugars (g)	15.5g	3.2g
Sodium (mg)	1947mg	407mg

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, heat the **butter** with a dash of **olive oil** over medium heat.
- Cook **garlic paste** until fragrant, **1-2 minutes**. Add **basmati rice**, the **water** 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 rice has **10 minutes** remaining, in a large frying pan, heat enough **olive oil** to cover the base over medium-high heat.
- When oil is hot, shake excess **cornflour** off and cook **haloumi**, tossing, until golden brown, **2-4 minutes**.
- Transfer to a paper towel-lined plate.



Get prepped

- While rice is cooking, roughly chop **tomato** and **cucumber**.
- Cut **haloumi** into bite-sized pieces.



Cook the coconut sauce

- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook **Mumbai spice blend** and **ginger paste**, stirring, until fragrant, **1 minute**.
- Stir in **coconut milk** and simmer until slightly reduced, **1-2 minutes**.
- Add cooked **haloumi** and toss to coat. Season to taste.



Toss the salsa & prep haloumi

- In a medium bowl, combine **tomato**, **cucumber**, **mixed salad leaves** and a drizzle of **white wine vinegar** and **olive oil**. Season with a pinch of **salt** and **pepper**.
- In another medium bowl, combine **haloumi** and **cornflour** (see ingredients).



Serve up

- Divide garlic rice between bowls.
- Top with popcorn haloumi and spoon over Mumbai sauce.
- Serve with **tamarind chutney** and cucumber salad. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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