

Haloumi Butter Masala & Rice

with Crushed Peanuts & Baby Leaves

Grab your meal kit with this number

34



Jasmine Rice



Haloumi/Grill Cheese



Onion



Carrot



Garlic



Mumbai Spice Blend



Tomato Paste



Mild North Indian Spice Blend



Cream



Baby Leaves



Crushed Peanuts



Chicken Breast



Chicken Thigh

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

One haloumi masala coming right up! Squeaky haloumi is being added to a fantastic creamy masala because we just know when it joins the veggies, the curry sauce and fluffy rice there will be magic in the air.

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
jasmine rice	1 medium packet	1 large packet
haloumi/grill cheese	1 packet	2 packets
onion	½	1
carrot	1	2
garlic	3 cloves	6 cloves
Mumbai spice blend	1 sachet	2 sachets
tomato paste	½ packet	1 packet
mild North Indian spice blend	1 medium sachet	1 large sachet
honey*	1 tsp	2 tsp
cream	½ packet	1 packet
water* (for the sauce)	¼ cup	½ cup
butter*	20g	40g
baby leaves	1 medium packet	2 medium packets
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4698kJ (1122Cal)	885kJ (211Cal)
Protein (g)	34.6g	6.5g
Fat, total (g)	87.8g	16.5g
- saturated (g)	51.5g	9.7g
Carbohydrate (g)	51.3g	9.7g
- sugars (g)	18.3g	3.4g
Sodium (mg)	3350mg	631mg
Dietary Fibre (g)	8g	1.5g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/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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Cook the rice

- In a medium saucepan, add the **water (for the rice)** and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove pan from the heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

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



Start the curry

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **onion** and **carrot** until golden, **4-5 minutes**.
- Add **garlic**, **Mumbai spice blend**, **tomato paste (see ingredients)**, **mild North Indian spice blend** and the **honey** and cook until fragrant, **1 minute**.



Get prepped

- While the rice is cooking, cut **haloumi** into 2cm chunks.
- Roughly chop **onion (see ingredients)**.
- Thinly slice **carrot** into half-moons.
- Finely chop **garlic**.



Finish the curry

- Reduce heat to medium, add **cream (see ingredients)** and the **water (for the sauce)** and stir well to combine.
- Return **haloumi** to the pan and simmer until curry is thickened, **2-3 minutes**.
- Remove pan from heat, add the **butter**, **baby leaves** and a good pinch of **pepper**, then stir until just wilted.



Cook the haloumi

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Pat **haloumi** dry with paper towel and add to the pan.
- Cook **haloumi**, tossing, until golden brown, **3-4 minutes**. Transfer to a plate.



Serve up

- Divide rice between bowls.
- Top with haloumi butter masala.
- Sprinkle with **crushed peanuts** to serve. Enjoy!

CUSTOM OPTIONS

+ ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook with onion and carrot, until cooked through, 4-6 minutes.

+ ADD CHICKEN THIGH

Cut into bite-sized pieces. Cook with onion and carrot, until cooked through, 4-6 minutes.

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

