



# One-Pot Indian Halloumi & Veggie Curry

with Toasted Flatbreads

CLIMATE SUPERSTAR

Grab your meal kit with this number

40



Baby Broccoli



Carrot



Courgette



Halloumi/Grill Cheese



Mumbai Spice Blend



Mild North Indian Spice Blend



Tomato Paste



Coconut Milk



Flatbreads



Peeled Prawns



Halloumi/Grill Cheese



Chicken Breast

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

Here's a one-pot wonder that'll be ready in no time! This deeply rich halloumi curry is like a golden sunset, filled to the brim with bright veggies. Tear up your flatbread to soak up the sauce and we reckon this beaming bowl will add the spice you never knew you needed to your night.

## 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

Large saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
baby broccoli	½ medium bunch	1 medium bunch
carrot	1	2
courgette	1	2
halloumi/grill cheese	1 packet	2 packets
Mumbai spice blend	1 sachet	2 sachets
mild North Indian spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
coconut milk	1 medium packet	2 medium packets
<b>water*</b>	¼ cup	½ cup
<b>brown sugar*</b>	1 tsp	2 tsp
flatbreads	2	4

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3111kJ (743Cal)	566kJ (135Cal)
Protein (g)	36.6g	6.7g
Fat, total (g)	54g	9.8g
- saturated (g)	35.4g	6.4g
Carbohydrate (g)	59.4g	10.8g
- sugars (g)	17g	3.1g
Sodium (mg)	2561mg	466mg
Dietary Fibre (g)	9.1g	1.7g

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

- Slice **baby broccoli** (see ingredients) into thirds.
- Thinly slice **carrot** and **courgette** into half-moons.
- Cut **halloumi** into bite-sized chunks.



## Finish the curry

- Add **Mumbai spice blend**, **mild North Indian spice blend** and **tomato paste** and cook until fragrant, **1 minute**.
- Reduce heat to medium, then add **coconut milk**, the **water** and **brown sugar**. Stir to combine and simmer, until slightly thickened, **2-3 minutes**.
- Return **halloumi** to the pan and stir to combine. Season to taste.



## Start the curry

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, cook **halloumi**, tossing occasionally, until golden brown, **2-4 minutes**. Transfer to a bowl.
- Return saucepan to medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli**, **carrot** and **courgette**, tossing, until tender, **5-6 minutes**.



## Finish & serve

- Meanwhile, toast or grill **flatbreads** to your liking, drizzle with olive oil and season with salt. Slice flatbreads in half.
- Divide one-pot Indian halloumi and veggie curry between bowls.
- Serve with toasted flatbreads. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW17



### CUSTOM OPTIONS

#### + PEELED PRAWNS:

Bring curry to a simmer, add prawns and cook until pink and starting to curl up, 3-4 minutes. Add a splash of water if necessary!

#### + HALLOUMI/GRILL CHEESE:

Cut into 1cm-thick slices. Cook with a drizzle of olive oil until golden brown, 1-2 minutes each side.

#### + CHICKEN BREAST:

Cut into 2cm chunks. Cook until cooked through, 4-6 minutes.

SCAN CODE FOR FULL STEPS AND NUTRITION INFO

