



Haloumi & Veggie Tikka Curry

with Rapid Rice & Coriander

Grab your Meal Kit with this symbol



Basmati Rice



Brown Onion



Garlic



Capsicum



Mild North Indian Spice Blend



Mumbai Spice Blend



Diced Tomatoes With Garlic & Onion



Baby Spinach Leaves



Coriander



Haloumi



Greek-Style Yoghurt

Prep in: **15-25** mins
Ready in: **20-30** mins

In 4 short steps, watch this delightful curry appear before your eyes. Brimming with capsicum, onion and diced tomatoes, as well as some classic haloumi, this tikka curry gets a major tick of approval.

Pantry items

Olive Oil

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
haloumi	1 packet	2 packets
brown onion	1	2
garlic	3 cloves	6 cloves
capsicum	1	2
mild North Indian spice blend	1 medium sachet	1 large sachet
Mumbai spice blend	1 medium sachet	1 large sachet
diced tomatoes with garlic & onion	1 box	2 boxes
salt*	¼ tsp	½ tsp
baby spinach leaves	1 small bag	1 medium bag
Greek-style yoghurt	1 medium packet	1 large packet
coriander	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3135kJ (749Cal)	500kJ (120Cal)
Protein (g)	31.3g	5g
Fat, total (g)	26.9g	4.3g
- saturated (g)	15.9g	2.5g
Carbohydrate (g)	92g	14.7g
- sugars (g)	27.1g	4.3g
Sodium (mg)	2830mg	451mg

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.

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Cook the rice & prep the haloumi

- Boil the kettle. Half-fill a medium saucepan with the boiling water.
- Add **basmati rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12 minutes**. Drain and return **rice** to the saucepan.
- Meanwhile, in a medium bowl, add **haloumi** and cover with water. Soak for **5 minutes**.
- Pat **haloumi** dry with paper towel and cut into 2cm cubes.



Cook the veggies

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Add **onion** and **capsicum** and cook, stirring, until softened, **4-5 minutes**.
- Add **Mild North Indian spice blend**, **Mumbai spice blend** and **garlic** and cook until fragrant, **1 minute**.
- Add **diced tomatoes with garlic & onion** and the **salt** and simmer until slightly thickened, **1-2 minutes**.
- Remove pan from heat and add the **baby spinach leaves** and **Greek-style yoghurt** and return **haloumi** to the pan. Stir until combined. Season to taste.



Cook the haloumi & get prepped

- Heat a large frying pan over medium-high heat and cook the **haloumi**, tossing, until golden brown, **3-4 minutes**. Set aside on a plate.
- While the haloumi is cooking, finely chop **brown onion** and **garlic**. Roughly chop **capsicum**.



Serve up

- Divide the rice and haloumi and veggie tikka curry between bowls.
- Tear over the **coriander** to serve. Enjoy!

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