












# Halloumi and Mango Chutney Curry with Green Beans and Fluffy Rice

Classic 30-35 Minutes • Mild Spice • Veggie

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-  Halloumi
-  Basmati Rice
-  Green Beans
-  Garlic Clove
-  Tomato Puree
-  Tandoori Masala Mix
-  Vegetable Stock Paste
-  Creme Fraiche
-  Mango Chutney

**Pantry Items**  
Oil, Salt, Pepper



## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in **red** are hot!

## Cooking tools

Bowl, saucepan, lid, kitchen paper, frying pan and garlic press.

## Ingredients

Ingredients	2P	3P	4P
Halloumi** <b>7</b>	225g	337g	450g
Basmati Rice	150g	225g	300g
Green Beans**	80g	150g	150g
Garlic Clove**	2	3	4
Tomato Puree	30g	45g	60g
Tandoori Masala Mix	1 sachet	1 sachet	2 sachets
Vegetable Stock Paste <b>10</b>	10g	15g	20g
Creme Fraiche** <b>7</b>	75g	150g	150g
Mango Chutney	40g	60g	80g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Curry*	200ml	300ml	400ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	<b>563g</b>	<b>100g</b>
Energy (kJ/kcal)	3479 / 831	618 / 148
Fat (g)	41.2	7.3
Sat. Fat (g)	24.2	4.3
Carbohydrate (g)	80.2	14.3
Sugars (g)	18.1	3.2
Protein (g)	34.9	6.2
Salt (g)	4.12	0.73

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**7) Milk 10) Celery**

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

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## Get Prepped

Drain the **halloumi**, then cut it into 2cm chunks. Place them into a small bowl of **cold water** and leave to soak.

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and  $\frac{1}{4}$   **tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.



## Bring on the Beans

Return the (now empty) frying pan to medium-high heat with a drizzle of **oil**.

Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins.

Add the **garlic**, **tomato puree** and **tandoori masala mix**. Stir and cook until fragrant, 1 min.



## Cook the Rice

Leave the **rice** to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).

Meanwhile, remove the **halloumi cubes** from the **cold water**, pop them onto a plate lined with kitchen paper and pat them dry.



## Curry On

Pour the **water for the curry** (see pantry for amount) and **vegetable stock paste** into the pan. Season with **pepper**, bring back to the boil, then lower the heat to medium-low.

Simmer, stirring occasionally, until the **curry** has reduced slightly, 6-8 mins.

Once thickened, remove from the heat, then stir in the **cooked halloumi**, **creme fraiche** and **mango chutney** until combined.

Taste and add **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.



## Fry the Halloumi

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **halloumi** and fry, turning frequently, until golden, 6-7 mins.

While the **halloumi** fries, trim the **green beans**, then cut into thirds. Peel and grate the **garlic** (or use a garlic press).

Once the **halloumi** is cooked, transfer to a bowl and wipe out the pan.



## Serve Up

When the **rice** is cooked, fluff it up and spoon into bowls.

Spoon the **halloumi curry** on top.

## Enjoy!