



# Halloumi and Mango Chutney Curry

with Green Beans, Sugar Snaps, Peas and Fluffy Rice

Classic 30-35 Minutes • Mild Spice • 1 of your 5 a day • Veggie

48



Halloumi



Basmati Rice



Garlic Clove



Tomato Puree



Tandoori Masala Mix



Vegetable Stock Paste



Blanched Peas, Sugar Snaps and Green Beans



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
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
Blanched Peas, Sugar Snaps and Green Beans**	160g	320g	320g
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>603g</b>	<b>100g</b>
Energy (kJ/kcal)	3586/857	595/142
Fat (g)	41.3	6.9
Sat. Fat (g)	24.2	4.0
Carbohydrate (g)	84.8	14.1
Sugars (g)	20.5	3.4
Protein (g)	37.1	6.2
Salt (g)	4.13	0.68

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

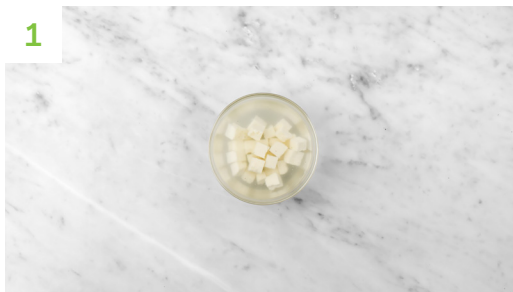
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## Get Prepped

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.

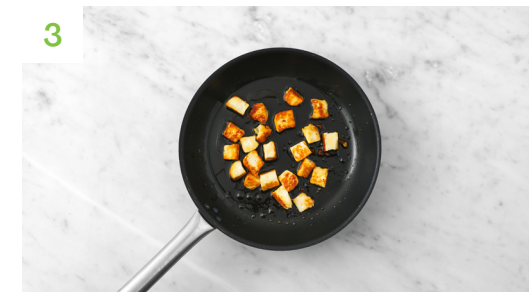
Stir in the **rice** and  $\frac{1}{4}$   **tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.



## 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.



## 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, peel and grate the **garlic** (or use a garlic press).

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



## Bring on the Beans

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

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



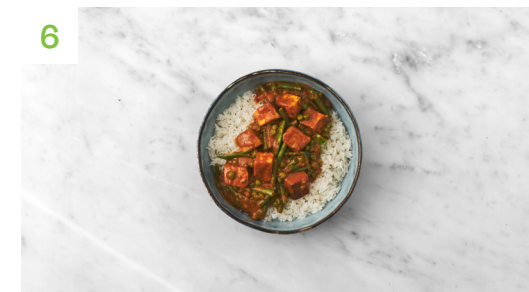
## Curry On

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. Add the **mixed green veg** halfway through.

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.



## Serve Up

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

Spoon the **halloumi curry** on top.

## Enjoy!