



Halloumi and Mango Chutney Curry

with Green Beans and Fluffy Rice

CLASSIC 40 Minutes • Little Heat • 1 of your 5 a day • Veggie

N° 5



Onion



Green Beans



Garlic Clove



Halloumi



Basmati Rice



Curry Powder



Tomato Puree



Tomato Passata



Mango Chutney



Natural Yoghurt

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Fine Grater (or Garlic Press), Saucepan and Frying Pan.

Ingredients

	2P	3P	4P
Onion**	1	1	2
Green Beans**	1 small pack	1 large pack	1 large pack
Garlic Clove**	2 cloves	3 cloves	4 cloves
Halloumi 7)**	1 block	1½ blocks	2 blocks
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Curry Powder 9)	1 small pot	¾ large pot	1 large pot
Tomato Puree	1 sachet	1½ sachets	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Water for the Curry*	150ml	225ml	300ml
Mango Chutney	1 sachet	1½ sachets	2 sachets
Natural Yoghurt 7)**	75g	100g	150g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	490g	100g
Energy (kJ/kcal)	3450 / 825	704 / 168
Fat (g)	32	7
Sat. Fat (g)	19	4
Carbohydrate (g)	92	19
Sugars (g)	29	6
Protein (g)	40	8
Salt (g)	4.28	0.87

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 9) Mustard

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Get Prepped

Halve, peel and thinly slice the **onion**. Trim the **green beans** then chop into thirds. Peel and grate the **garlic** (or use a garlic press). Cut the **halloumi** in half through the middle, then cut into 2cm chunks.



4. Fry the Halloumi

Put your pan back on high heat, add a drizzle of **oil** if the pan is dry. Add the **halloumi**, fry until golden on all sides, turning often, 3-5 mins total (cook in batches if you need to). Remove from the pan to the bowl with the **beans**. Put your pan back on medium heat with a little more **oil**, add the **onion**. Stir fry until softened, 4-5 mins, then add the **curry powder**, stir and cook for 30 secs.



2. Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ tsp of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave 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).



5. Simmer

Add the **tomato puree** and remaining **garlic**. Stir and cook for 1 minute. Pour the **passata** and **water** (see ingredient list for amount) into the pan with the **onion**, bring to the boil then gently stir in **three quarters** of the **mango chutney**, all the **green beans** and all the **halloumi**. Add a grind of **pepper**, bring back to the boil again then reduce the heat to medium low. Simmer until the **mixture** has reduced slightly, 6-8 mins. Stir every couple of mins.



3. Start Frying

Meanwhile, heat a drizzle of **oil** in a frying pan on medium high heat. Once the **oil** is hot, add the **green beans** and stir fry until slightly browned and almost tender, 3-4 mins. Add **half** the **garlic**, cook for another 30 seconds, remove the **beans** to a large bowl.



6. Finish and Serve

While everything finishes cooking, put the rest of the **mango chutney** in a bowl and add the **yoghurt** and a grind of **pepper**. Stir together. Once the **rice** is cooked, fluff it up and spoon into bowls. Taste the **curry** and add **salt** and **pepper** if you feel it needs it, add a splash of **water** too if it's a bit thick for your liking. Spoon it on top of the **rice** and finish with a drizzle of **yoghurt**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.