



Spinach, Tomato and Halloumi Curry

with Basmati Rice

N° 16

RAPID 20 Minutes • Medium Heat • 2.5 of your 5 a day • Veggie



Basmati Rice



Halloumi



Onion



Garlic Clove



Baby Plum Tomatoes



Korma Curry Paste



Baby Spinach

Before you start

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

Basic cooking tools you will need:

Large Saucepan, Sieve, Large Frying Pan, Fine Grater (or Garlic Press), Measuring Jug,

Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Halloumi 7)**	1 block	1½ blocks	2 blocks
Onion**	1	1½	2
Garlic Clove**	2	3	4
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Korma Curry Paste 9)	1 sachet	1½ sachets	2 sachets
Water for the Curry*	150ml	225ml	300ml
Baby Spinach**	1 bag	1½ bags	2 bags

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	521g	100g
Energy (kJ/kcal)	3406 / 814	654 / 156
Fat (g)	38	7
Sat. Fat (g)	19	4
Carbohydrate (g)	76	15
Sugars (g)	16	3
Protein (g)	40	8
Salt (g)	5.13	0.99

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.

Contact

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1. Get Started!

- Bring a large saucepan of **water** to the boil for the **rice**.
- When boiling, add ¼ tsp of **salt** add the **rice** and cook for 12 mins. Drain in a sieve when cooked.
- Meanwhile, cut the **halloumi** into roughly 1cm cubes.

d) Heat a large frying pan with a drizzle of **oil** over high heat.

e) Add the **halloumi** and cook until browned all over, 3-4 mins. Once browned, transfer to a plate and set aside.



4. Make the Sauce

- Add the **tomatoes**, **halloumi** and **water** (see ingredients for amount) to the pan.
- Bring to a simmer and cook until the **tomatoes** are starting to burst, 5 mins.



2. Get Prepped!

- While the **halloumi** is frying, halve, peel and chop the **onion** into small pieces.
- Peel and grate the **garlic** (or use a **garlic** press).
- Halve the **baby plum tomatoes**.



5. Add the Spinach

- Add the **spinach** to the pan a handful at a time until it is all wilted.
- Add a splash of **water** if the **sauce** is a bit thick.
- Season to taste with **salt** and **pepper**.



3. Fry the Onion

- Add another drizzle of **oil** to the now empty pan over medium to high heat and add the **onion**.
- Cook, stirring, until softened, 4-5 mins.
- Add the **garlic** and **Korma curry paste** and cook for 1 min.



6. Serve!

- Divide the **rice** between plates and top with the **curry**.

Enjoy!