



Halloumi, Tomato and Spinach Curry with Basmati Rice and Yoghurt

Rapid 20 Minutes • Mild Spice • 2 of your 5 a day

17



Basmati Rice



Halloumi



Garlic Clove



Korma Style Paste



Finely Chopped
Tomatoes with
Onion and Garlic



Vegetable Stock
Paste



Red Pepper
Chilli Jelly



Baby Spinach



Greek Style
Natural Yoghurt

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, saucepan, sieve, lid, frying pan and garlic press.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Halloumi** 7)	225g	337g	450g
Garlic Clove**	2	3	4
Korma Style Paste 9)	50g	75g	100g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10)	10g	15g	20g
Red Pepper Chilli Jelly	25g	37g	50g
Baby Spinach	40g	100g	150g
Greek Style Natural Yoghurt** 7)	75g	120g	150g

Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3665/876	749/179
Fat (g)	38.9	7.9
Sat. Fat (g)	20.2	4.1
Carbohydrate (g)	95.0	19.4
Sugars (g)	27.7	5.7
Protein (g)	38.8	7.9
Salt (g)	6.95	1.42

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

Allergens

7) Milk 9) Mustard 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, milk, egg, mustard, celery, soya, 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.


Contact

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Cook the Rice

- Boil a full kettle.
- Pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Simmer the Sauce

- Pour the **chopped tomatoes, vegetable stock paste, red pepper chilli jelly** and **sugar for the sauce** (see pantry for amount) into the pan. Stir to combine.
- Bring to a simmer and cook until thickened, 5-6 mins.



Hello Halloumi

- While the **rice** cooks, drain the **halloumi**, then cut it into roughly 1cm chunks.
- Heat a large frying pan with a drizzle of **oil** on medium-high heat.
- Once hot, add the **halloumi** and fry until golden, turning frequently, 3-4 mins.
- Meanwhile, peel and grate the **garlic** (or use a garlic press).



Bring on the Spinach

- Add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.
- Stir through **half** the **yoghurt**, then taste and season with **salt** and **pepper**.



Curry Up

- Once the **halloumi** is golden, lower the heat to medium and add another drizzle of **oil** to the pan.
- Add the **garlic** and **korma style paste**. Cook, stirring, for 1 min.



Serve Up

- Share the **rice** between your bowls and top with the **halloumi curry**.
- Finish with a dollop of the remaining **yoghurt** on top.

Enjoy!