

Halloumi and Mango Chutney Curry

with Green Beans and Fluffy Rice

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









Green Beans





Garlic Clove

Halloumi





Basmati Rice **Curry Powder**







Tomato Passata



Mango Chutney



Natural Yoghurt

Before you start

Our fruit, veggies and herbs need a wash before vou 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

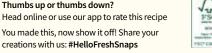
7) Milk 9) Mustard

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

Thumbs up or thumbs down? Head online or use our app to rate this recipe You made this, now show it off! Share your



HelloFresh UK The Fresh Farm 60 Worship St, London EC2A 2EZ

You can recycle me!



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.



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 1/4 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).



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.



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.



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.



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.

Eniov!

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.