

Halloumi Curry with Basmati Rice and Roasted Broccoli

hellóchef

To keep you inspired, we've swapped paneer for its Cypriot cousin; Halloumi!

Cals 923 • Prot 36 • Carbs 110 • Fat 44

Vegetarian

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🕒 cook: 45 min

R3413



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Curry	2 ppl	3 ppl	4 ppl	
Red onion	1	2	2	Piece
Red pepper	1	2	2	Piece
Halloumi 4*	200	400	400	Grams
Vegetable oil	1	1	2	Tbsp
Ginger garlic paste	10	15	15	Grams
Garam masala	2	5	5	Grams
Turmeric powder	2	2	4	Grams
Chilli powder	2	2	4	Grams
Coconut milk	200	200	400	ML
Vegetable stock cube 15*	1	1	1	Piece
Honey	15	15	30	Grams
Chopped tomatoes	400	400	800	Grams
Fresh coriander	15	15	15	Grams
Rice				
Basmati rice	150	225	300	Grams
Water	300	450	600	ML
Salt	0.5	0.5	1	Tsp
Sides				
Large red chilli	1	1	2	Piece
Broccoli	300	450	600	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp

Allergens

*4 Milk, *15 Celery

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3853 / 923
Fat (g)	43.7
of which saturates (g)	33.9
Carbohydrate (g)	110
of which sugars (g)	21.3
Fiber (g)	15.6
Protein (g)	36.3
Salt (g)	36.4

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Preheat the oven to 200°C/180°C fan. Rinse the **rice** in a sieve under cold water until the water runs clear. Place the **rice** in a pot and cover it in enough water to soak. Set aside. Peel and finely chop the **onion**. Deseed and roughly chop the **pepper**. Chop the **halloumi** into 1cm thick slices. Finely slice the **chilli**.



2 Boil rice

Rinse and drain the **basmati rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pan from heat and keep covered until serving.



3 Roast broccoli

Meanwhile, chop the **broccoli** into florets. Place the **broccoli** on a baking tray. Drizzle with **oil** and season with **salt**. Roast for 15-20 min until tender and starting to char.



4 Fry

Meanwhile, heat a pan over a medium heat with a drizzle of **oil**. Once hot, add the **onion** and **peppers** with a pinch of **salt** and fry for 5 min until softened. Once softened, add the **halloumi** and fry for 4 min further until the **halloumi** is golden.



5 Simmer

Add the **ginger garlic paste**, **garam masala**, **turmeric** and a pinch of **chilli powder (spicy!)**. Fry for 1 min until fragrant. Add the **coconut milk**, {0.5/1/1} **vegetable stock cube**, **honey** and **chopped tomatoes**. Reduce the heat to low and simmer for 10 min.



6 Serve

Sprinkle the **chilli** slices (**spicy!**) over the **broccoli**. Serve the **curry** over the **rice** with the **broccoli** alongside. Garnish with the **fresh coriander** leaves.