

DINNERLY



Indian Haloumi and Spinach Curry with Flatbreads



30 minutes



2 Servings

Whether you're full-time vego or part-time only, our varied range of vegetarian dishes really hits the spot. Bursting with veggies, dairy, legumes, grains and nuts, they're packed with flavour, they'll fill you up and they're totally mouth-watering too!

WHAT WE SEND

- 1 onion
- 2 garlic cloves
- 180g haloumi ²
- 2 vegetable stock cubes
- 10g masala seasoning ³
- 400g diced tomatoes
- 100g baby spinach leaves
- 6 flour tortillas ^{1,4}

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 125ml (½ cup) boiling water
- 2 tbs vegetable oil

TOOLS

- medium deep frypan
- large oven tray
- medium frypan

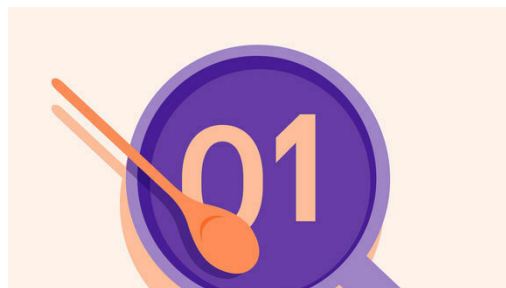
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Milk (2), Sulphites (3), Wheat (4). May contain traces of other allergens.

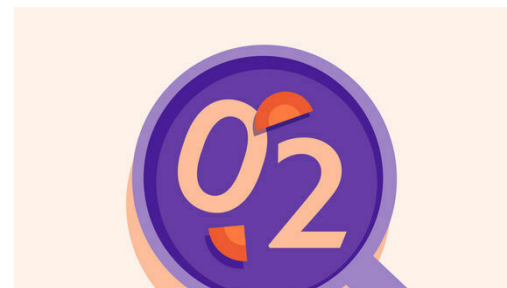
NUTRITION PER SERVING

Energy 770kcal, Fat 47.6g, Carbs 52.9g, Protein 29.5g



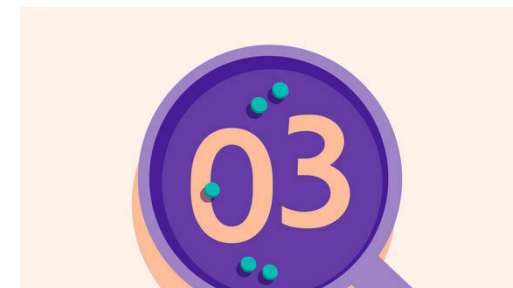
1. Prep ingredients

Preheat the oven to 220C, fan-forced. Thinly slice the **onion**. Crush or finely chop **2 garlic cloves**. Thickly slice the **haloumi**. Crumble **1 stock cube*** into a heatproof jug, add **125ml (½ cup) boiling water** and stir to dissolve.



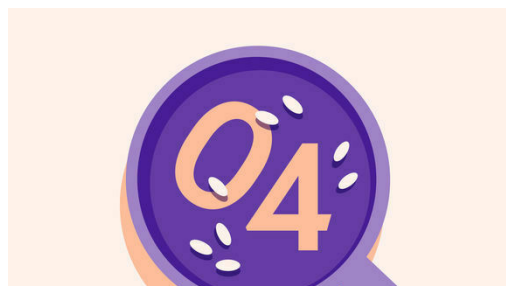
2. Simmer curry

Heat **2 tsp vegetable oil** in a medium deep frypan over medium heat. Cook the **onion**, stirring, for 3 mins or until softened, then stir in the **masala seasoning**. Add the **tomatoes** and **stock** and bring to the boil, then reduce the heat to medium and cook for 10 mins or until slightly thickened. Stir in the **spinach** and cook for 1-2 mins until wilted. Remove the pan from the heat.



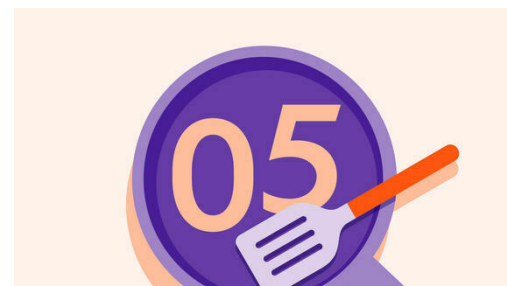
3. Bake flatbreads

Meanwhile, put the **garlic** and **1 tbs vegetable oil** in a bowl and season with **salt and pepper**. Brush the **garlic oil** over the **tortillas**, then fold in half. Put on a large oven tray and bake for 8 mins or until golden and crisp.



4. Pan-fry haloumi

Heat **2 tsp vegetable oil** in a medium frypan over medium-high heat. Cook the **haloumi** for 2 mins each side or until browned. Remove from the pan.



5. Serve up

Taste the curry, then season with **salt and pepper**. Divide the **curry** among bowls and top with the **haloumi**. Serve with the **flatbreads** and enjoy!



6. Make it yours

Like your curries with a touch of creaminess? Dollop with natural yoghurt if you have some in the fridge. Or kick up the heat a notch or two with a scattering of chopped fresh chilli or chilli flakes.