



UCOOK

Halloumi Jalfrezi Curry

with turmeric rice, bell pepper & fresh mint

Get that smooth, aromatic Jalfrezi chicken curry experience you've been craving. Loaded with bell peppers, flecked with fresh mint, and paired with tasty turmeric & poppy seed rice. This leaves for a salty halloumi dish that's buzzing with big & bold flavours.


Hands-on Time: 40 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Ella Nasser

 Veggie

 Leopard's Leap | Cabernet Sauvignon Merlot

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

300ml	Jasmine Rice <i>rinsed</i>
20ml	Turmeric
40ml	Poppy Seeds
70ml	Jalfrezi Curry Spice <i>(30ml NOMU Garam Masala Rub & 40ml Ground Cumin)</i>
640g	Halloumi <i>pat dry & cut into bite-sized chunks</i>
2	Onions <i>peeled & finely diced</i>
2	Green Bell Peppers <i>rinsed, deseeded & cut into strips</i>
2	Garlic Cloves <i>peeled & grated</i>
2	Fresh Chillies <i>deseeded & finely chopped</i>
800g	Cooked Chopped Tomato
15g	Fresh Mint <i>rinsed, picked & finely chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Sugar/Sweetener/Honey

1. POP(PY) ON THE RICE Place a pot over medium-high heat with the rinsed rice and the turmeric. Submerge in 600ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 10 minutes until most of the water has been absorbed. Remove from the heat and steam with the lid on for 10 minutes until cooked. Drain if necessary and toss through the poppy seeds. Cover to keep warm until serving.

2. MARINATION STATION In a bowl, combine ½ the Jalfrezi curry spice, a drizzle of oil and seasoning. Add the halloumi chunks and toss until fully coated. Set aside to marinate.

3. THE CURRY BASE Place a pot, large enough for the curry, over medium heat with a drizzle of oil. When hot, add the diced onion and the pepper strips and fry for 2-3 minutes until soft and translucent, shifting occasionally. Add the grated garlic, the chopped chilli (to taste) and the remaining Jalfrezi curry spice (to taste). Fry for 30-60 seconds until fragrant, shifting constantly. Pour in the cooked chopped tomato and 600ml water. Mix until fully combined and bring to a simmer. Once simmering, pop on a lid and cook for 10-12 minutes until thickened, stirring occasionally.

4. YUMMY HALLOUMI Place a pan over medium heat with a drizzle of oil. When hot, add the marinated halloumi chunks and fry for 1-2 minutes per side until crispy and golden. Drain on paper towel.

5. FINISH Once the sauce has thickened, add the golden halloumi chunks. Season with a sweetener of choice (to taste), ½ the chopped mint, salt, and pepper.

6. GRUB'S UP! Make a bed of the poppy seed rice and smother in the jalfrezi curry. Garnish with the remaining mint and any remaining chilli (to taste). Wow, Chef!

Nutritional Information

Per 100g

Energy	646kJ
Energy	154kcal
Protein	7.4g
Carbs	14g
of which sugars	2.5g
Fibre	3.3g
Fat	8g
of which saturated	5.2g
Sodium	225mg

Allergens

Dairy, Allium

Cook
within 3
Days