



DropChef

Saag Halloumi

This dish is a play on the traditional South Asian curry 'Saag Paneer'. In this dish we coated the halloumi with mango chutney to create a sticky, sweet moreish accompaniment to the curry. This dish gives a great boost of iron - heating the spinach breaks down the oxalates (compounds that attach to iron in food), making it more available for us to absorb!

Ingredients

- Halloumi
- Garam Masala
- Mango chutney
- Natural yoghurt
- Onion
- Cherry tomatoes
- Garlic
- Basmati rice
- Ginger
- Baby spinach
- Tomato puree

Your Pantry

- Olive Oil
- Sugar

Nutritional Info

Calories: 698 kcal
Carbohydrates: 61g
Protein: 30g
Fat: 36g

Allergens

Milk (Yoghurt, Halloumi)
Chutney may contain Sulphur Dioxide)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Prepare The Vegetables & Boil The Kettle

Cut the halloumi into 2cm cubes (if not diced already). Peel and finely chop the onion and garlic. Finely grate about ½ teaspoon of ginger per person. Cut the cherry tomatoes in half. Mix the mango chutney with 1-2 teaspoons of water to loosen it.

2) Fry the halloumi

Add a drizzle of oil into a large, deep-sided frying pan and place over high heat. Once hot, add the halloumi and fry for 3-4 minutes or until the cheese is browned all over. Pour the mango chutney over the cheese and quickly stir around until the cheese is coated - allow to bubble for 1 minute. Remove the halloumi and place on a plate. Set aside.

3) Cook the rice

Rinse the Basmati rice in a sieve under cold water, then add to a saucepan of boiling water and cook for 10-12 minutes, or until the rice is done to your liking. Once cooked, drain the rice and set aside. While the rice is cooking...

4) Make the curry

Return the frying pan to the heat with a drizzle of oil and add the onion. Fry the onion for 3-4 minutes of until softened. Add the garlic, ginger, garam masala, and tomato puree to the pan and fry for one minute, then add the cherry tomatoes and 1-2 tablespoons of water per person. Cover with a lid and allow the tomatoes to cook for 4-5 minutes, or until beginning to break down.

Stir the spinach into the curry and cook until wilted, then stir in the yoghurt. Season with salt and pepper to taste.

5) Plate the dish

Serve the rice and top with a wholesome portion of your delicious curry. Arrange the halloumi cubes on top and enjoy.



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