



GLUTEN-FREE - VEGETARIAN - KID-FRIENDLY

Haloumi Curry

🕒 **READY IN:** 90 min

🍽️ **SERVES:** 6

A crowd pleaser! Packed full of veggies, spices, and popping with salty cubes of haloumi.

INGREDIENTS

2 cloves garlic
2–3 cm piece ginger
10–12 fresh curry leaves
2 tablespoons olive oil or ghee
1 onion, chopped
½ teaspoon brown mustard seeds
3 cloves (optional)
2 teaspoons ground cumin
1 teaspoon garam masala
1 teaspoon ground turmeric
1 teaspoon panch puran*
1–2 tablespoons fish curry powder*
1 small eggplant (or ¾ large one), cut into cubes
2 tomatoes, chopped
½ cup tomato puree
2 potatoes, diced
1 small–medium sweet potato, cut in large chunks
1 zucchini, cut into large chunks
700 ml water
1 tablespoon tamarind (or juice of ½ a lemon)
250 g haloumi cheese, cut into cubes
½–¾ cup frozen green peas
freshly chopped coriander leaves (optional)

·* Panch puran is a spice mix you can buy at Indian food stores. It contains fenugreek, nigella, cumin, mustard & fennel seeds.

* Fish curry powder is a spice mix used in fish curries; it does not contain fish & can be purchased at Indian food stores.



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METHOD

Using a mortar and pestle, roughly grind the garlic, ginger, curry leaves, coriander seeds, and cardamom pods together. Heat the olive oil or ghee in a large saucepan over medium-high heat. Add the onion and sauté for 2–3 minutes. Add the mustard seeds and fry until they start to pop, then add the garlic mixture and the cloves and sauté for a couple of minutes. Add the remaining spices and the curry powder, followed by the eggplant. Stir, then add the tomatoes and tomato puree. Reduce the heat and simmer for 5–6 minutes, stirring, until the mixture forms a paste.

Turn up the heat and cook for 5 minutes. Add the potato, sweet potato, and zucchini, and 500 ml of the water and bring to a boil. Bake in the oven for 45mins. Checking at about 30mins to stir and add peas and haloumi. Stir in the coriander if using. Remove from the oven and check potatoes are well cooked and haloumi is warm through.

Serve with basmati rice or, your choice of accompaniments, e.g. yoghurt, pickles, chutney.

Variations

Add 1 tablespoon tamarind liquid or juice of 1/2 a lemon when you add the sugar.

Add 400 g tin chickpeas or lentils 10min before the end of cooking.

Use tinned tomatoes if you don't have fresh tomatoes, and tomato paste if you don't have tomato puree.

If you want extra heat, add extra chilli powder