



Smokey Fetta Loaded Corn Cob & Mexican Rice with Coriander

VEGGIE FAVES

NEW

CLIMATE SUPERSTAR

Grab your meal kit
with this number

33



Leek



Baby Spinach
Leaves



Tomato Paste



Mexican Fiesta
Spice Blend



Corn



Basmati Rice



Vegetable Stock
Pot



Smokey Aioli



Fetta Cubes



Coriander



Chicken
Tenderloins



Haloumi

Prep in: 15-25 mins
Ready in: 30-40 mins

These loaded corn cobs are quickly becoming HelloFresh royalty. Roasted with Mexican spice, then loaded with smokey aioli and fetta, you'll have the tastiest accompaniment to a veggie-loaded rice that has its own spicy kick!

Pantry items

Olive Oil, Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
leek	1	2
baby spinach leaves	1 medium packet	1 large packet
butter*	20g	40g
tomato paste	1 medium packet	1 large packet
Mexican Fiesta spice blend	1 medium sachet	1 large sachet
corn	2 cobs	4 cobs
basmati rice	1 medium packet	1 large packet
water*	1½ cups	3 cups
vegetable stock pot	½ packet	1 packet
smokey aioli	1 packet	2 packets
fetta cubes	1 large packet	2 large packets
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3659kJ (875cal)	433kJ (104cal)
Protein (g)	24.2g	2.9g
Fat, total (g)	36.8g	4.4g
- saturated (g)	12.3g	1.5g
Carbohydrate (g)	110.6g	13.1g
- sugars (g)	26g	3.1g
Sodium (mg)	1742mg	206.2mg
Dietary Fibre (g)	25.9g	3.1g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Start the rice

- Preheat oven to **240°C/220°C fan-forced**.
- Thinly slice **leek**. Roughly chop **baby spinach leaves**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium-high heat. Cook **leek**, stirring, until softened, **4-5 minutes**.
- **SPICY!** *This spice blend is hot! Add less if you're sensitive to heat.* Stir in **tomato paste** and **Mexican fiesta spice blend** (reserving a pinch for the corn) and cook until fragrant, **1 minute**.

3



Finish the rice

- To pan with leek, add **basmati rice**, the **water** and **vegetable stock pot** (**see ingredients**), stir, then bring to the boil.
- Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: *The rice will finish cooking in its own steam, so don't peek!*

2



Roast the corn

- Meanwhile, place **corn** cobs on a lined oven tray.
- Drizzle with **olive oil**, season with **salt**, sprinkle with a pinch of the reserved **Mexican fiesta spice blend** and toss to coat.
- Roast until tender and slightly charred, **15-20 minutes**.

TIP: *Cut the corn cobs in half before cooking for easier eating.*

4



Serve up

- To pan with rice, stir in chopped spinach until combined.
- Divide Mexican rice between bowls. Serve with roasted corn cobs.
- Drizzle **smokey aioli** and crumble **fetta cubes** over corn.
- Tear over **coriander** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW43



CUSTOM OPTIONS



ADD CHICKEN TENDERLOINS

Cook until cooked through, 3-4 minutes each side.



ADD HALOUMI

Cut into bite-sized chunks. Cook until browned, 3-4 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

