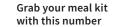


# Mexican Rice & Glazed Haloumi Bowl

with Charred Corn Salsa & Sour Cream

CLIMATE SUPERSTAR















White Rice







Spice Blend







Haloumi



Tomato



Cucumber



Coriander



Long Chilli (Optional)





Prep in: 25-35 mins Ready in: 35-45 mins

Imagine a bed of rice infused with the Mexican flavours you love, then topped with honey haloumi and a refreshing corn, cucumber and tomato salsa. Now stop imagining, because here it is!

#### **Pantry items**

Olive Oil, Butter, White Wine Vinegar, Honey

## 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 · Large frying pan

## Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
brown onion	1	2	
garlic	2 cloves	4 cloves	
white rice	1 medium packet	1 large packet	
butter*	20g	40g	
Mexican Fiesta spice blend ∮	1 medium sachet	1 large sachet	
tomato paste	½ medium packet	1 medium packet	
water*	1¼ cups	2½ cups	
vegetable stock pot	½ packet	1 packet	
haloumi	1 packet	2 packets	
corn	1 cob	2 cobs	
tomato	1	2	
cucumber	1	2	
coriander	½ packet	1 packet	
long chilli ∮ (optional)	1/2	1	
white wine vinegar*	drizzle	drizzle	
honey*	drizzle	drizzle	
light sour cream	1 medium packet	1 large packet	
<b>+</b>			

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3777kJ (610cal)	610kJ (99cal)
Protein (g)	32.4g	5.2g
Fat, total (g)	44.2g	7.1g
- saturated (g)	26.2g	4.2g
Carbohydrate (g)	93.5g	15.1g
- sugars (g)	25.3g	4.1g
Sodium (mg)	1777mg	287.1mg
Dietary Fibre (g)	11.3g	1.8g

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.



#### Make the Mexican rice

- Finely chop brown onion and garlic.
- · Rinse and drain white rice.
- In a medium saucepan, melt the butter with a dash of olive oil over medium heat. Cook onion, tossing, until softened, 3-4 minutes.
- SPICY! This spice blend is hot! Add less if you're sensitive to heat. Add garlic, Mexican Fiesta spice blend and tomato paste and cook until fragrant, 1-2 minutes. Add rice, the water and vegetable stock pot (see ingredients), stirring to combine. Bring to the boil, then reduce heat to low and cover with a lid.
- Cook for 12 minutes, then remove from heat.
   Keep covered until rice is tender and water is absorbed, 15 minutes.

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



### Cut the haloumi

- Drain **haloumi** and pat dry with paper towel.
- Cut haloumi into 1cm-thick slices.



# Get prepped

- While the rice is cooking, add haloumi to a medium bowl and cover with water to soak.
- Slice kernels off corn cob.
- Finely chop tomato and cucumber.
- · Roughly chop coriander (see ingredients).
- Thinly slice long chilli (if using).



#### Make the salsa

- Heat a large frying pan over high heat. Cook corn kernels until lightly browned, 4-5 minutes.
- Transfer charred corn to a second medium bowl.
- To the bowl with corn, add tomato, cucumber, coriander and a drizzle of white wine vinegar and olive oil. Toss to combine. Season to taste with salt and pepper.

**TIP:** Cover the pan with a lid if the corn kernels are "popping" out.



# Cook the haloumi

- When the rice has 5 minutes remaining, return frying pan to medium-high heat with a drizzle of olive oil.
- Cook haloumi until golden brown, 1-2 minutes each side.
- Remove pan from heat, then add a drizzle of the honey, turning haloumi to coat.



## Serve up

- Divide Mexican rice between bowls.
- Top with charred corn salsa and glazed haloumi.
- Dollop over light sour cream.
- Sprinkle with chilli to serve. Enjoy!







Follow method above, cooking in batches if necessary.



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

