

Mexican Rice & Glazed Haloumi Bowl

with Charred Corn Salsa & Sour Cream

CLIMATE SUPERSTAR

Grab your meal kit with this number

33



Brown Onion



Garlic



White Rice



Mexican Fiesta Spice Blend



Tomato Paste



Vegetable Stock Pot



Haloumi



Corn



Tomato



Cucumber



Coriander



Long Chilli (Optional)



Light Sour Cream



Haloumi



Light Sour Cream

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

	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)	½	1
white wine vinegar*	drizzle	drizzle
honey*	drizzle	drizzle
light sour cream	1 medium packet	1 large packet

*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.

We're here to help!

Scan here if you have any questions or concerns

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1 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!



4 Cut the haloumi

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



2 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).



5 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.



3 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.



6 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!

CUSTOM OPTIONS



DOUBLE HALOUMI

Follow method above, cooking in batches if necessary.



DOUBLE LIGHT SOUR CREAM

Follow method above.

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

