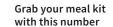


Mexican Rice & Glazed Haloumi Bowl

with Charred Corn Salsa & Sour Cream

CLIMATE SUPERSTAR













Spice Blend



Tomato Paste





Basmati Rice

Vegetable Stock







Haloumi







Cucumber





Coriander

Long Chilli (Optional)





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

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

9		
	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	2 cloves	4 cloves
butter*	20g	40g
Tex-Mex spice blend	1 medium sachet	2 medium sachets
tomato paste	1 medium packet	1 large packet
basmati rice	1 medium packet	1 large packet
water*	1½ cups	3 cups
vegetable stock pot	1 small packet	1 medium packet
haloumi	1 packet	2 packets
corn	1 cob	2 cobs
tomato	1	2
cucumber	1	2
coriander	1 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
* Danton / Hama		

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3930kJ (939Cal)	633kJ (151Cal)
Protein (g)	33.4g	5.4g
Fat, total (g)	45.2g	7.3g
- saturated (g)	26.2g	4.2g
Carbohydrate (g)	99.7g	16.1g
- sugars (g)	27.1g	4.4g
Sodium (mg)	1927mg	310mg
Dietary Fibre (g)	18.2g	2.9g

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.
- In a medium saucepan, melt the **butter** with a dash of olive oil over medium heat. Cook onion until softened, 3-4 minutes.
- **SPICY!** This spice blend is mild, but use less if you're sensitive to heat. Add garlic, Tex-Mex spice blend and tomato paste and cook until fragrant, 1-2 minutes. Add basmati rice, the water and vegetable stock pot, 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.
- Thinly slice long chilli (if using).



Make the salsa

- Heat a large frying pan over high heat. Cook corn until lightly browned, 4-5 minutes.
- Transfer charred corn to a 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.

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.



Finish & serve

- 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.



Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

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

