



# American Haloumi with Lime Slaw & Veggie Rice

FRESH & FAST

Box to plate: 15 mins

Grab your  
Fresh & Fast  
Meal Kit



**Nutrition Per Serving:** Energy 3454kJ (826Cal) | Protein 26.7g | Fat, total 48.4g - saturated 17g | Carbohydrate 67.5g - sugars 27.1g | Sodium 2380mg  
The quantities provided above are averages only.

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2023 | WK22 | AL



# Get ready

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You'll need

(along with the basics)



Large Frying Pan

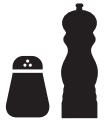


Microwave

## From the pantry



Olive Oil



Salt & Pepper

## From the cool pouch

	2P	4P
Haloumi	1 pkt	2 pkts
Slaw Mix	1 small bag	1 large bag
Onion Chutney	1 pkt (40g)	2 pkts (80g)
Burger Sauce	1/2 pkt	1 pkt

## Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## 1. Sizzle



Haloumi



Capsicum



Sweetcorn



All-American Spice Blend

## 2. Fry



Onion Chutney

## 3. Toss



Microwavable Basmati Rice



Lime



Slaw Mix



Burger Sauce



Coriander

- Cut **haloumi** into thick slices, place in a bowl and cover with water
- In a frying pan, heat **oil** over high heat
- Chop **capsicum**. Drain **corn**
- Cook **veggies**, tossing, until softened and lightly charred, **3-4 mins**
- When veggies have **1 min** remaining, add **spice blend**. Cook until fragrant, **1 min**
- Transfer to a bowl

- Drain **haloumi** and pat dry
- Return pan to medium-high heat with **olive oil**
- Cook **haloumi** until golden brown, **2 mins** each side
- Remove from heat and add **onion chutney**. Toss to coat

- Zap **rice** in microwave until steaming, **2-3 mins**. Add **rice** to **cooked veggies** and toss
- Meanwhile, cut **lime** into wedges
- In another bowl, add **slaw**, **burger sauce** (see ingredients) and a squeeze of **lime juice**. Season, then toss
- Plate up **rice**, **slaw** and **haloumi**. Tear over **coriander**. Serve with remaining **lime**



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