

# Mexican Rice & Glazed Haloumi Bowl

with Charred Corn Salsa & Sour Cream

CLIMATE SUPERSTAR

Grab your meal kit with this number

33



Brown Onion



Garlic



Tex-Mex Spice Blend



Tomato Paste



Basmati Rice



Vegetable Stock Pot



Haloumi



Corn



Tomato



Cucumber



Coriander



Long Chilli (Optional)



Light Sour Cream



Haloumi



Chicken Breast

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
<b>olive oil*</b>	refer to method	refer to method
brown onion	1	2
garlic	2 cloves	4 cloves
<b>butter*</b>	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
<b>water*</b>	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)	½	1
<b>white wine vinegar*</b>	drizzle	drizzle
<b>honey*</b>	drizzle	drizzle
light sour cream	1 medium packet	1 large packet

\*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](https://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**.
- 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!



## 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**.
- 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** 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.



## 6 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!

### CUSTOM OPTIONS



#### DOUBLE HALOUMI

Follow method above, cooking in batches if necessary.



#### ADD CHICKEN BREAST

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.

