

Mexican Rice & Haloumi Bowl

with Charred Corn Salsa

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Tex-Mex Spice Blend



Tomato Paste



Vegetable Stock Powder



Basmati Rice



Haloumi



Corn



Tomato



Cucumber



Coriander



Long Red Chilli (Optional)



Light Sour Cream

Hands-on: **25-35 mins**
 Ready in: **35-45 mins**

Spicy (optional long red chilli)

Naturally gluten-free
Not suitable for Coeliacs

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

Pantry items

Olive Oil, Butter, White Wine Vinegar

Before you start

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 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
butter*	20g	40g
Tex-Mex spice blend	1 sachet	2 sachets
tomato paste	½ sachet	1 sachet
vegetable stock powder	1 medium sachet	1 large sachet
basmati rice	1 medium packet	1 large packet
water*	1½ cup	3 cups
haloumi	1 packet	2 packets
corn	1 cob	2 cobs
tomato	1	2
cucumber	1	2
coriander	1 bag	1 bag
white wine vinegar*	drizzle	drizzle
long red chilli (optional)	1	2
light sour cream	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3728kJ (891Cal)	701kJ (168Cal)
Protein (g)	30.1g	5.7g
Fat, total (g)	45.8g	8.6g
- saturated (g)	25.3g	4.8g
Carbohydrate (g)	84.5g	15.9g
- sugars (g)	19.4g	15.9g
Sodium (mg)	1461mg	275mg

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

SPICY! *The is a mild spice blend, but use less if you're sensitive to heat.* Finely chop the **brown onion**. Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook the **onion** and **garlic** until softened, **3-4 minutes**. Add the **Tex-Mex spice blend**, **tomato paste** (see ingredients) and the **vegetable stock powder** and stir to coat. Add the **basmati rice** and **water** and stir to combine. Bring to the boil, reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove from the heat and keep covered until the rice is tender and the water has absorbed, **15 minutes**.

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



Char the corn

Heat a medium frying pan over a high heat. Cook the **corn** kernels until lightly charred, **3-4 minutes**. Transfer to a bowl to cool slightly.

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



Prep the haloumi

While the rice is cooking, cut the **haloumi** into 1cm slices (you should get 3 pieces per person).



Cook the haloumi

Return the frying pan to a medium high heat with a drizzle of **olive oil**. Cook the **haloumi** until golden brown, **1-2 minutes** each side. Set aside. Add the **tomato**, **cucumber**, **coriander** and a drizzle of **white wine vinegar** to the charred **corn**, toss to combine and season to taste.



Prep the veggies

Slice the kernels off the **corn** cob. Finely chop the **tomato** and **cucumber**. Roughly chop the **coriander**.



Serve up

Thinly slice the **long red chilli** (if using). Divide the Mexican spiced rice between bowls and top with the charred corn salsa and haloumi slices. Top with the **light sour cream** and garnish with chilli.

Enjoy!

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