



# Mexican Haloumi & Roast Veggie Rice with BBQ Mayo

**FRESH & FAST** Box to plate: 15 mins

Grab your  
Fresh & Fast  
Meal Kit



**Nutrition Per Serving:** Energy 3474kJ (830Cal) | Protein 28.7g | Fat, total 49.2g - saturated 20.3g | Carbohydrate 64.8g - sugars 17.3g | Sodium 3.3mg  
Naturally Gluten-Free | The quantities provided above are averages only.

We're here to help! Scan here  
2022 | WK33 | 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
Roasted Veggie Mix	1 medium pkt	2 medium pkts
BBQ Mayo	1 medium pkt	1 large pkt
Light Sour Cream	1 medium pkt	1 large pkt

## Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](http://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



Microwavable Basmati Rice

## 2. Char



Sweetcorn



Tex-Mex Spice Blend

## 3. Toss



Roasted Veggie Mix



Baby Spinach Leaves



BBQ Mayo



Light Sour Cream



Coriander

- Heat frying pan over high heat with **olive oil**
- Cut **haloumi** into 1cm-thick slices
- Cook **haloumi** until golden brown, **2 mins** each side. Transfer to a plate and cover to keep warm
- Zap **rice** in microwave until steaming, **2-3 mins**

- Return pan to high heat with **olive oil**
- Drain **sweetcorn**
- Cook **corn**, tossing, until lightly charred, **3-4 mins**
- Add **spice blend** and cook until fragrant, **1 min**

- To pan with the **corn**, add **roasted veggies, rice** and **spinach**, tossing to combine. Season to taste
- Plate up **roast veggie rice**. Top with **haloumi, BBQ mayo** and **sour cream**. Tear over **coriander** to serve

