



# 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



Basmati Rice



Haloumi



Corn



Tomato



Cucumber



Coriander



Long Red Chilli (Optional)



Sour Cream

Hands-on: **25-35 mins**  
 Ready in: **35-45 mins**  
 Naturally gluten-free  
 Not suitable for Coeliacs

Spicy (optional long red chilli)

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

## Before you start

Our fruit and veggies need a little wash first!

### You will need

Medium saucepan with a lid · Medium 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	½ cube	1 cube
basmati rice	1 packet	2 packets
water*	1½ cups	3 cups
haloumi	1 packet	2 packets
corn	1 cob	2 cobs
tomato	1	2
cucumber	1	2
coriander	1 bag	1 bag
long red chilli (optional)	1	2
sour cream	1 tub (100g)	1 tub (200g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3500kJ (836Cal)	710kJ (170Cal)
Protein (g)	30.6g	6.2g
Fat, total (g)	40.0g	8.1g
- saturated (g)	25.3g	5.1g
Carbohydrate (g)	83.8g	17.0g
- sugars (g)	13.9g	2.8g
Sodium (g)	1490mg	303mg

### Allergens

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)



## 1. Make the Mexican rice

Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash of olive oil** over a medium heat. Add the **onion** and **garlic** and cook until softened, **3-4 minutes**. Add the **Tex-Mex spice blend**, **tomato paste** (see ingredients list) and crumbled **vegetable stock** (1/2 cube for 2 people / 1 cube for 4 people) and stir to coat. Add the **basmati rice** and **water** and stir to combine. Bring to the boil, then 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 is absorbed, **15 minutes**.

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



## 4. Char the corn

Heat a medium frying pan over a high heat. Add the **corn** kernels and cook until lightly browned, **3-4 minutes**. Transfer to a medium bowl to cool slightly. Just before serving, add the **tomato**, **cucumber** and **coriander**, toss to combine and season to taste with **salt** and **pepper**.

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



## 2. Soak the haloumi

While the rice is cooking, cut the **haloumi** into 1cm slices (you should get 3 pieces per person). Place the **haloumi** in a small bowl of cold water and set aside to soak for **5 minutes**.

**TIP:** Soaking the haloumi helps mellow out the saltiness!



## 5. Cook the haloumi

When the rice has **5 minutes** cook time remaining, return the frying pan to a medium-high heat with a **drizzle of olive oil**. Pat the **haloumi** dry with paper towel and add to the pan. Cook until golden brown, **2 minutes** each side.



## 3. Get prepped

Slice the kernels off the **corn** cob. Finely chop the **tomato** and **cucumber**. Roughly chop the **coriander**. Thinly slice the **long red chilli** (if using).



## 6. Serve up

Divide the Mexican spiced rice between bowls and top with the charred corn salsa and haloumi slices. Top with a dollop of **sour cream** and garnish with the chilli (if using).

**Enjoy!**