

# 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](https://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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