



PAN-FRIED HALLOUMI

with Sweetcorn and Carrots



HELLO HALLOUMI

The protein that sticks together in Halloumi gives the signature "squeek"



Red Onion



Garlic Clove



Lime



Carrot



Coriander



Halloumi



Sweetcorn



Tomato Purée



Central American Style Spice



Vegetable Stock Powder



Basmati Rice



Natural Yoghurt

MEAL BAG



Hands on: **20** mins
Total: **35** mins



Family Box



3 of your
5 a day



Little heat

Packed with fresh springtime flavours, and requiring minimal prep and washing up, this Mexican inspired one-pot wonder is about to become your weeknight go to. Charred corn, grated carrot, coriander and red onion make up this awesome veg-packed rice dish, which is seasoned with our specially blended Central American style spice mix. Topped with pan-fried halloumi, a spoonful of yoghurt, and a sprinkling of fresh coriander, place this colourful dish in the middle of your table and enjoy in a traditional, communal style!

12

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater, Sieve, Large Saucepan** (with a **Lid**), **Measuring Jug** and **Large Frying Pan**. Now, let's get cooking!



1 GET PREPPED

Halve, peel and thinly slice the **red onion** into half moons. Peel and grate the **garlic** (or use a garlic press). Zest the **lime** then cut into wedges. Trim the ends from the **carrot** (no need to peel) and coarsely grate. Roughly chop the **coriander** (stalks and all). Drain the **halloumi**, then cut into 3 slices per person. Drain the **sweetcorn** in a sieve.



2 START THE RICE

Heat a drizzle of **oil** in a large saucepan on medium-high heat. Once the **oil** is hot, add the **onion** and cook until soft, 5 mins. Stir occasionally. Once soft, add the **garlic, tomato purée** and **Central American style spice** (add less if you don't like heat), stir well and cook for 1 minute.



3 COOK THE RICE

Pour the **water** (see ingredients for amount) into the pan with the **onion mix** and bring to the boil. When boiling, add the **stock powder**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



4 CHAR THE CORN

While the rice cooks, heat a large frying pan on medium-high heat (no oil). Once the pan is hot, add the **sweetcorn** and cook until charred, 5-6 mins. Stir only twice during this time - you want the **sweetcorn** to pick up some nice colour. Once the **corn** is charred, remove to a bowl and give the pan a quick rinse.



5 FRY THE HALLOUMI

Pop the pan back on medium-high heat with a drizzle of **oil**. Lay in the **halloumi slices** and fry until golden, 2-3 mins each side. Remove the pan from the heat.



6 FINISH AND SERVE

Fluff up the **rice** with a fork and stir through the **lime zest, carrot, sweetcorn** and **half the coriander**. Taste and add **salt, pepper** and **lime juice** if you feel it needs it. Serve the **rice** with the **halloumi** on top along with a spoonful of **yoghurt** and a sprinkling of remaining **coriander**. Finish with a **lime wedge** on the side. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Red Onion *	1	2	2
Garlic Clove *	1	2	2
Lime *	1	1	1
Carrot *	1	2	2
Coriander *	1 bunch	1 bunch	1 bunch
Halloumi 7) *	1 block	1½ blocks	2 blocks
Sweetcorn *	½ tin	1 tin	1 tin
Tomato Purée	1 sachet	1 sachet	2 sachets
Central American Style Spice	1 small pot	1 small pot	2 small pots
Water*	300ml	450ml	600ml
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Basmati Rice	150g	225g	300g
Natural Yoghurt 7) *	1 pouch	1 pouch	1 pouch

*Not Included

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 528G	PER 100G
Energy (kcal)	847	160
(kJ)	3544	670
Fat (g)	34	6
Sat. Fat (g)	19	4
Carbohydrate (g)	90	17
Sugars (g)	24	4
Protein (g)	44	8
Salt (g)	5.12	0.97

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 10) Celery

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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