



# Lime Glazed Halloumi, Avocado and Pomegranate with Spiced Corn Rice and Yoghurt

50

Classic 25-30 Minutes • Mild Spice • 3 of your 5 a day • Veggie



Basmati Rice



Halloumi



Garlic Clove



Avocado



Pomegranate



Lime



Sweetcorn



Central American Style  
Spice Mix



Vegetable Stock Paste



Sun-Dried Tomato  
Paste



Greek Style Natural  
Yoghurt

**Pantry Items**

Oil, Salt, Pepper, Sugar, Butter, Honey

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

## Cooking tools

Kettle, saucepan, sieve, lid, bowl, garlic press, fine grater, frying pan and kitchen paper.

## Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Halloumi** 7)	225g	337g	450g
Garlic Clove**	2	3	4
Avocado	1	2	2
Pomegranate**	1	2	2
Lime**	1	1	1
Sweetcorn	160g	255g	340g
Central American Style Spice Mix	1 sachet	1½ sachets	2 sachets
Vegetable Stock Paste 10)	15g	22g	30g
Sun-Dried Tomato Paste	25g	37g	50g
Greek Style Natural Yoghurt** 7)	75g	120g	150g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Sauce*	50ml	75ml	100ml
Sugar*	1 tsp	1½ tsp	2 tsp
Butter*	20g	30g	40g
Honey*	1 tbsp	1½ tbsp	2 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	610g 4629/1106	100g 759/182
Fat (g)	59.5	9.8
Sat. Fat (g)	28.0	4.6
Carbohydrate (g)	105.9	17.4
Sugars (g)	34.2	5.6
Protein (g)	41.3	6.8
Salt (g)	5.37	0.88

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

7) Milk 10) Celery

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

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## Start the Rice

Boil a full kettle.

Pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.

Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.

Meanwhile, drain the **halloumi**, then cut it into 3 slices per person. Place them into a small bowl of **cold water** and leave to soak.

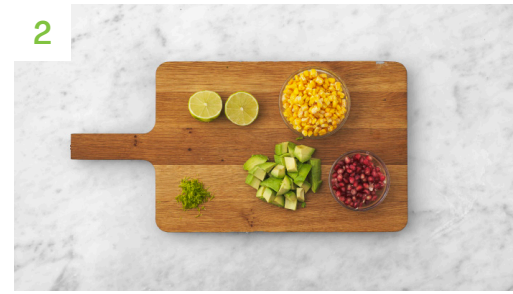


## Bring on the Flavour

Pour the **water for the sauce** (see pantry for amount) into the frying pan. Stir in the **veg stock paste**, **sun-dried tomato paste** and **sugar** (see pantry for amount). Bring to the boil, then simmer for 1 min.

When the **rice** is cooked, add the **corn** and **sauce** to the **rice** pan. Add the **butter** (see pantry for amount), **lime zest** and squeeze in **half the lime juice**.

Stir well to combine, then taste and add more **salt** and **pepper** if needed. Cover with a lid to keep warm.



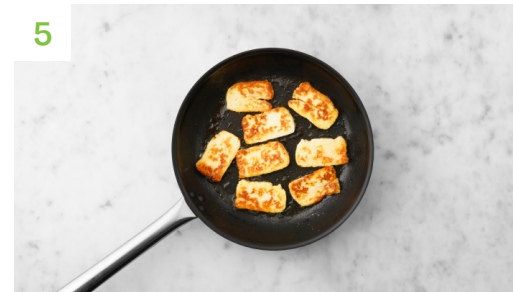
## Prep the Veg

Peel and grate the **garlic** (or use a garlic press).

Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board. Cut into 2cm chunks.

Halve the **pomegranate**. Remove the seeds from the white pith by patting the outside of the **pomegranate** with the back of a spoon. Separate the **seeds** and place into a bowl. Careful - the **juice** stains. Discard the pith.

Zest and halve the **lime**. Drain the **sweetcorn** in a sieve.

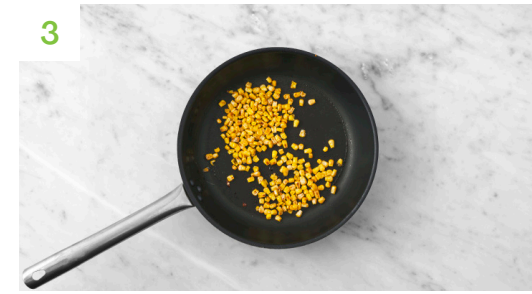


## Fry the Halloumi

Remove the **halloumi slices** from the **cold water**, pop them onto a plate lined with kitchen paper and pat them dry.

Wipe out the (now empty) frying pan and pop on medium-high heat with a drizzle of **oil**. Once hot, add the **halloumi** and fry until golden, 2-3 mins each side. Once golden, remove the pan from the heat and allow to cool slightly.

Drizzle over the **honey** (see pantry for amount) and remaining **lime juice**. Turn the **halloumi** to glaze it.



## Char the Corn

Heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, add the **sweetcorn** and cook until charred, 5-6 mins. Adjust the heat if necessary. Stir only twice during this time - you want the **sweetcorn** to pick up some nice colour.

When the **corn** is charred, reduce the heat to medium-high. Stir in the **garlic** and the **Central American style spice mix**. Fry for 1 min.



## Serve Up

When everything's ready, share the **spiced rice** and **veg** between your bowls.

Top with the **glazed halloumi**, **avocado chunks** and a good dollop of **yoghurt**. Sprinkle over the **pomegranate seeds** to finish.

Enjoy!