

Spiced Honey Lime Halloumi

with Spiced Corn Rice and Yoghurt

Classic 25-30 Minutes • **Mild Spice** • 1 of your 5 a day



Basmati Rice



Halloumi



Garlic Clove



Medium Tomato



Lime



Sweetcorn



Central American
Style Spice Mix



Vegetable Stock
Paste



Sun-Dried Tomato
Paste



Greek Style Natural
Yoghurt



British Chicken
Breast

Pantry Items

Oil, Salt, Pepper, Sugar, Butter, Honey

+ Add Chicken Breast

If you chose to add chicken breast,
then just follow the instructions
on the back of this card.

Happy cooking!

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	338g	450g
Garlic Clove**	2	3	4
Medium Tomato	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	15g	22g	30g
Sun-Dried Tomato Paste	25g	37g	50g
Greek Style Natural Yoghurt** 7)	75g	120g	150g
British Chicken Breast**	2	3	4
Pantry	2P	3P	4P
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	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	455g	100g	615g	100g
Energy (kJ/kcal)	3792 /906	834 /199	4549 /1087	740 /177
Fat (g)	44.7	9.8	48.2	7.8
Sat. Fat (g)	24.9	5.5	25.9	4.2
Carbohydrate (g)	91.1	20.0	91.3	14.9
Sugars (g)	20.4	4.5	20.6	3.3
Protein (g)	38.5	8.5	77.2	12.6
Salt (g)	5.36	1.18	5.68	0.92

Nutrition for uncooked ingredients based on 2 person recipe.


Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk

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.

 You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



Start the Rice

Boil a half-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.

+ Add Chicken Breast

If you're adding **chicken**, preheat your oven to 220°C/200°C fan/gas mark 7. **Oil** and season, then bake on the top shelf, 25-30 mins. Slice into 1cm slices when serving. **IMPORTANT: Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.**



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**, **tomato chunks** 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.

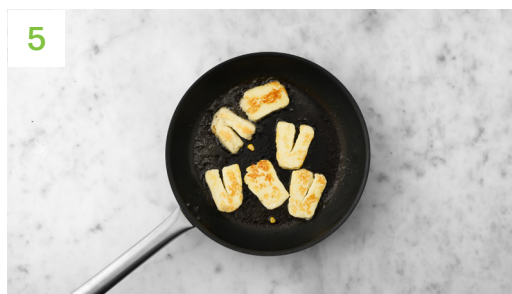


Prep the Veg

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.

Peel and grate the **garlic** (or use a garlic press). Cut the **tomato** into 1cm chunks.

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



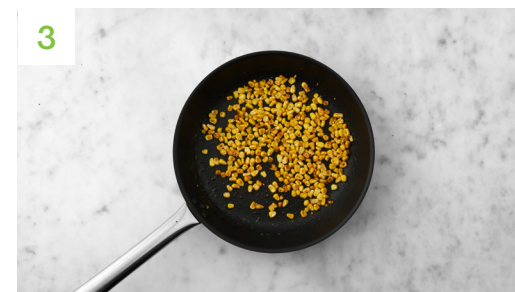
Fry the Halloumi

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.

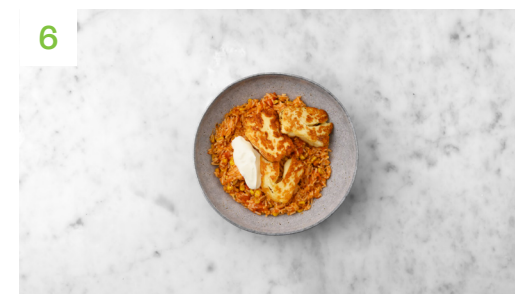


Char the Corn

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** and a good dollop of **yoghurt** to finish.

Enjoy!