



Honey & Lime Halloumi with Charred Corn and Spiced Rice

Classic 40 Minutes • Mild Spice • 1 of your 5 a day • Veggie

22



Red Onion



Medium Tomato



Garlic Clove



Lime



Coriander



Halloumi



Sweetcorn



Central American
Style Spice Mix



Basmati Rice



Vegetable Stock
Paste



Honey



Greek Yoghurt

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Bowl, Sieve, Large Saucepan, Large Frying Pan and Garlic Press.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Medium Tomato	1	2	2
Garlic Clove**	1	2	2
Lime**	1	1	1
Coriander**	1 bunch	1 bunch	1 bunch
Halloumi** 7)	250g	375g	500g
Sweetcorn	150g	326g	326g
Olive Oil for the Salsa*	1 tbsp	1½ tbsp	2 tbsp
Central American Style Spice Mix	1 pot	1 pot	2 pots
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Vegetable Stock Paste 10)	10g	15g	20g
Honey	1 sachet	2 sachets	2 sachets
Greek Yoghurt** 7)	75g	120g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	478g	100g
Energy (kJ/kcal)	3768 /901	789 /189
Fat (g)	41	9
Sat. Fat (g)	22	5
Carbohydrate (g)	93	20
Sugars (g)	21	4
Protein (g)	40	8
Salt (g)	4.63	0.97

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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Get Prepped

Halve, peel and thinly slice the **red onion**. Chop the **tomato** into 1cm pieces. Peel and grate the **garlic** (or use a garlic press). Zest and halve the **lime**. Roughly chop the **coriander** (stalks and all). Drain the **halloumi** then cut it into 3 slices per person. Place them into a small bowl of **cold water** and leave to soak. Drain the **sweetcorn** in a sieve.



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 to encourage charring. Once the **corn** is charred, remove to a bowl and wash your pan.



Start the Rice

Squeeze **half** the **lime juice** into a bowl and add the **olive oil** (see ingredients for amount) and a pinch of **salt** and **pepper**. Mix together then add the **tomato** and **half** the **coriander**. Mix and set aside. Heat a drizzle of **oil** in a large saucepan on medium-high heat. Once the **oil** is hot, add the **red onion** and cook until soft, 5-6 mins. Stir occasionally. Once soft, add the **garlic** and **Central American style spice mix** (add less if you don't like heat). Stir well and cook for 1 min.



Fry the Halloumi

Pop your pan back on medium-high heat with a drizzle of **oil**. Drain the **water** from your **halloumi slices** and pat dry. Once the **oil** is hot, lay them in your pan and fry until golden, 2-3 mins each side. Remove the pan from the heat and let cool for a few seconds. Add the **honey** and remaining **lime juice**. Turn the **halloumi** to glaze it. **TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.**



Cook the Rice

Pour the **cold water for the rice** (see ingredients for amount) into the pan with the **onion**. Stir in the **rice** and **vegetable stock paste**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. 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).



Finish & Serve

When ready, fluff up the **rice** with a fork and stir through the **lime zest**, **sweetcorn** and remaining **coriander**. Taste and add **salt** and **pepper** if needed. Serve the **rice** with the **halloumi** on one side, spooning over any leftover **glaze** from the pan. Serve the **tomato coriander salsa** on the other side and spoon over the **yoghurt**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.