

Lime Glazed Halloumi

with Charred Corn, Tomato Salsa and Spiced Rice

Classic 25-30 Minutes • Mild Spice • 2 of your 5 a day • Veggie



Medium Tomato



Garlic Clove



Lime



Halloumi



Sweetcorn



Central American Style Spice Mix



Basmati Rice



Vegetable Stock Paste



Greek Style Natural Yoghurt

Pantry Items

Oil, Salt, Pepper, Olive Oil, Honey, Butter

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

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

Ingredients

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

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	435g	100g
Energy (kJ/kcal)	3854 / 921	887 / 212
Fat (g)	45.6	10.5
Sat. Fat (g)	24.7	5.7
Carbohydrate (g)	93.1	21.4
Sugars (g)	20.0	4.6
Protein (g)	39.7	9.1
Salt (g)	4.54	1.04

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, milk, egg, mustard, celery, soya, 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.

Contact

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Get Prepped

Cut the **tomato** into 1cm pieces. Peel and grate the **garlic** (or use a garlic press). Zest and halve the **lime**.

Drain the **halloumi**, then cut it into slices (3 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 high heat (no oil).

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.

Meanwhile, remove the **halloumi slices** from the **cold water**, pop them onto a plate lined with kitchen paper and pat them dry. Wipe out the bowl.



Time to Salsa

Squeeze **half the lime juice** into a small bowl and add the **olive oil for the salsa** (see pantry for amount). Season with **salt** and **pepper**.

Mix together, then add the **tomato chunks**. Stir together, then set your **tomato salsa** aside.

Heat a drizzle of **oil** in a large saucepan on medium heat.

Once hot, add the **garlic** and **Central American style spice mix** (add less if you'd prefer things milder). Fry for 1 min.



Fry and Glaze the Halloumi

Once the **sweetcorn** is charred, transfer to the (now empty) **halloumi** bowl.

Wipe out the 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.



Cook the Spiced Rice

Pour the **water for the rice** (see pantry for amount) into the pan of **garlic** and **spice**.

Stir in the **rice** and **vegetable stock paste**, then bring to the boil on medium-high heat. Once boiling, turn the heat down to medium and cover with the lid.

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 and Serve

When everything's ready, fluff up the **rice** with a fork and stir through the **butter** (see pantry for amount), **lime zest** and **sweetcorn**. Taste and season with **salt** and **pepper** if needed.

Serve the **spiced rice** with the **halloumi** on one side, spooning over any leftover **glaze** from the pan. Add the **tomato salsa** on the other side.

Top with a dollop of **yoghurt** to finish.

Enjoy!