



Rainbow Haloumi Bowl & Chipotle Slaw

with Corn Salsa & Garlic Aioli

Grab your Meal Kit with this symbol



Carrot



Spring Onion



Sweetcorn



Lime



All-American Spice Blend



Baby Spinach Leaves



Mild Chipotle Sauce



Herbs



Garlic Aioli



Haloumi

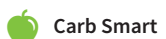


Shredded Cabbage Mix

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 10-20 mins
Ready in: 15-25 mins



Let's fill the bowl to the brim with salty golden slices of haloumi, a sweetcorn salsa and a chipotle sauce slaw with a hit of lime to add a dash of zest and tang. Tonight will be bursting with both colour and flavour.

Pantry items

Olive Oil, Honey

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
sweetcorn	½ tin	1 tin
lime	½	1
spring onion	1 stem	2 stems
haloumi	1 packet	2 packets
All-American spice blend	½ medium sachet	1 medium sachet
honey*	1 tsp	2 tsp
baby spinach leaves	1 small bag	1 medium bag
shredded cabbage mix	1 bag (150g)	1 bag (300g)
mild chipotle sauce	1 packet (40g)	2 packets (80g)
garlic aioli	1 medium packet	1 large packet
herbs	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2309kJ (551Cal)	543kJ (129Cal)
Protein (g)	27.8g	6.5g
Fat, total (g)	38.4g	9g
- saturated (g)	15.2g	3.6g
Carbohydrate (g)	22.3g	5.2g
- sugars (g)	14.4g	3.4g
Sodium (mg)	1530mg	360mg
Dietary Fibre (g)	9.3g	2.2g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Grate the **carrot**. Drain the **sweetcorn** (see ingredients). Zest **lime** and slice into wedges. Thinly slice **spring onion**. Cut **haloumi** into 1cm slices.
- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a medium bowl.
- To the bowl with the **sweetcorn**, add **spring onion**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Toss to combine and set aside.

TIP: Cover the pan with a lid if the corn kernels are “popping” out.



Make the slaw

- **SPICY!** The chipotle sauce is mild, but use less if you're sensitive to heat.
- Roughly chop **baby spinach leaves**.
- In a third medium bowl, combine **shredded cabbage mix**, **carrot**, **baby spinach**, **mild chipotle sauce**, **lime zest** and a squeeze of **lime juice**. Season to taste.



Cook the haloumi

- In a second medium bowl, combine **All-American spice blend** (see ingredients) and a drizzle of **olive oil**. Add **haloumi** and turn to coat.
- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **haloumi** until golden brown, **1-2 minutes** each side.
- Remove from heat, then add the **honey** and turn to coat.



Serve up

- Divide chipotle slaw between bowls. Top with haloumi and corn salsa.
- Dollop over **garlic aioli**. Tear over **herbs**.
- Serve with any remaining lime wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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