

# Honey Haloumi & Chipotle Slaw Bowl

with Fajita-Style Veggies & Garlic Aioli

EXPLORER

Grab your Meal Kit with this symbol



Capsicum



Celery



Sweetcorn



Lemon



Haloumi/  
Grill Cheese



Shredded Cabbage  
Mix



Baby Spinach  
Leaves



Mild Chipotle  
Sauce



Garlic Aioli



Coriander



Chicken  
Breast

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



Carb Smart<sup>^</sup>  
<sup>^</sup>Custom Recipe is  
not Carb Smart



Eat Me Early\*  
\*Custom Recipe only

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

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Honey

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
capsicum	1	2
celery	1 stalk	2 stalks
sweetcorn	1 tin	1 tin
lemon	½	1
haloumi/grill cheese	1 packet	2 packets
<b>honey*</b>	1 tsp	2 tsp
shredded cabbage mix	1 bag (150g)	1 bag (300g)
baby spinach leaves	1 medium bag	1 large bag
mild chipotle sauce	1 large packet	2 large packets
garlic aioli	1 medium packet	1 large packet
coriander	1 bag	1 bag
chicken breast**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2271kJ (543Cal)	507kJ (121Cal)
Protein (g)	28.3g	6.3g
Fat, total (g)	38.2g	8.5g
- saturated (g)	18g	4g
Carbohydrate (g)	18.2g	4.1g
- sugars (g)	13.6g	3g
Sodium (mg)	1502mg	336mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3016kJ (721Cal)	496kJ (119Cal)
Protein (g)	61.4g	10.1g
Fat, total (g)	43.5g	7.2g
- saturated (g)	19.6g	3.2g
Carbohydrate (g)	19g	3.1g
- sugars (g)	13.6g	2.2g
Sodium (mg)	1601mg	264mg

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

1



## Get prepped

- Thinly slice **capsicum** and **celery**. Drain the **sweetcorn**. Zest **lemon** and slice into wedges. Cut **haloumi** into 1cm-thick slices.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **capsicum** and **sweetcorn** until tender and lightly browned, **4-5 minutes**. Transfer to a large bowl.

**TIP:** Cover the pan with a lid if the corn kernels are "popping" out.

**Custom Recipe:** If you've added chicken to your meal, cut chicken breast into 2cm chunks. Season with salt and pepper.

3



## Make the slaw

- SPICY!** The chipotle is a mild sauce, but use less if you're sensitive to heat! Meanwhile, add **shredded cabbage mix** to the bowl of **capsicum** and **corn**, along with **celery**, **baby spinach leaves**, **mild chipotle sauce**, **lemon zest**, **garlic aioli** and a squeeze of **lemon juice**. Toss to combine. Season to taste.

2



## Cook the haloumi

- 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 **haloumi** to coat.

**Custom Recipe:** Before cooking the haloumi, return the pan to high heat with a drizzle of olive oil. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to a bowl and continue with step.

4



## Serve up

- Divide chipotle slaw between bowls. Top with honey haloumi.
- Tear over **coriander** leaves.
- Serve with any remaining lemon wedges. Enjoy!

**Custom Recipe:** Top with the chicken.

## We're here to help!

Scan here if you have any questions or concerns



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