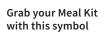


with Fajita-Style Veggies & Garlic Aioli

EXPLORER













Lemon

Sweetcorn





Haloumi/ Grill Cheese

Shredded Cabbage





Baby Spinach



Leaves

Sauce





Garlic Aioli

Coriander





Prep in: 10-20 mins Ready in: 15-25 mins Eat Me Early*
*Custom Paris

Carb Smart[^] ^Custom Recipe is not Carb Smart *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
olive oil*	refer to method	refer to method
capsicum	1	2
celery	1 stalk	2 stalks
sweetcorn	1 tin	1 tin
lemon	1/2	1
haloumi/grill cheese	1 packet	2 packets
honey*	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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 breast to your meal, cut chicken breast into 2cm chunks. Season with salt and pepper.



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.



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.



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.