

Rainbow Haloumi Bowl & Chipotle Slaw

with Charred Corn & Garlic Aioli

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Lime



Haloumi/
Grill Cheese



Baby Spinach
Leaves



Mild Chipotle
Sauce



Spring Onion



Sweetcorn



Celery



Creole Spice
Blend



Shredded Cabbage
Mix



Garlic Aioli



Chicken
Breast

Recipe Update

Unfortunately, this week's coriander was in short supply, so we've replaced it with spring onion. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

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



Carb Smart
**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 lime 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
carrot	1	2
sweetcorn	1 tin	1 tin
lime	½	1
celery	1 stalk	2 stalks
haloumi/ grill cheese	1 packet	2 packets
Creole spice blend	½ sachet	1 sachet
honey*	1 tsp	2 tsp
baby spinach leaves	1 medium bag	1 large bag
shredded cabbage mix	1 bag (150g)	1 bag (300g)
mild chipotle sauce	1 packet	2 packets
garlic aioli	1 medium packet	1 large packet
spring onion	1 stem	2 stems
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2204kJ (527Cal)	512kJ (122Cal)
Protein (g)	27.6g	6.4g
Fat, total (g)	35.8g	8.3g
- saturated (g)	15g	3.5g
Carbohydrate (g)	21.2g	4.9g
- sugars (g)	13.7g	3.2g
Sodium (mg)	1521mg	354mg
Dietary Fibre (g)	9.1g	2.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2963kJ (708Cal)	502kJ (120Cal)
Protein (g)	60.1g	10.2g
Fat, total (g)	41.5g	7g
- saturated (g)	16.7g	2.8g
Carbohydrate (g)	21.2g	3.6g
- sugars (g)	13.7g	2.3g
Sodium (mg)	1619mg	274mg

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.

We're here to help!

Scan here if you have any questions or concerns



2023 | CW23

1



Get prepped

- Grate the **carrot**. Drain the **sweetcorn**. Zest **lime** and slice into wedges. Thinly slice **celery**. Cut **haloumi** into 1cm-thick slices.
- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a small 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.

3



Make the slaw

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

2



Cook the haloumi

- In a medium bowl, combine **Creole 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.

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

- Thinly slice **spring onion**.
- Divide chipotle slaw between bowls. Top with Creole haloumi and charred corn.
- Sprinkle with spring onion and serve with remaining lime wedges. Enjoy!

Custom Recipe: Top with the chicken.

Rate your recipe

Did we make your tastebuds happy?

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