



HAWAIIAN HALLOUMI

with Rice and Pineapple Salsa



HELLO PINEAPPLE

It takes more than two years for a pineapple to mature and ripen.



Vegetable Stock Powder



Echalion Shallot



Red Pepper



Tomato Purée



Basmati Rice



Pineapple Rings



Mint



Lime



Halloumi



Mexican Spice



Coriander

MEAL BAG
6

30 mins

2 of your 5 a day

Medium heat

Veggie

Pineapple and cheese is an undisputed retro party classic. We've given it a modern twist with spiced halloumi and a zingy little salsa. You don't even need a foil-covered half grapefruit to enjoy this version!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Measuring Jug, Large Saucepan** (with a **Lid**), **Fine Grater, Mixing Bowl** and **Frying Pan**. Now, let's get cooking!



1 PREP THE VEGGIES

Boil your kettle and pour the boiling **water** (see ingredients for amount) into a measuring jug. Add the **stock powder** and stir to dissolve. Halve, peel and slice the **shallot** into thin half moons. Halve, then remove the core from the **red pepper** and chop into 1cm chunks. Heat a glug of **oil** in a large saucepan on medium heat. Add the **shallot** and **pepper**, stir, and cook until soft, 5-7 mins.



2 COOK THE RICE

Stir the **tomato purée** into the **veggies** and cook for 2 mins more. Add the **basmati rice**, pour in the **stock** and bring to the boil. Lower the heat to medium and pop a lid on the pan. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins or until ready to serve. **★ TIP:** *The rice will finish cooking in its own steam.*



3 MAKE THE SALSA

Meanwhile, drain the **pineapple rings** and chop into small ½cm chunks. Pop into a small bowl. Pick the **mint leaves** from their stalks and finely chop (discard the stalks). Zest the **lime**. Add the **mint** and **lime zest** to the **pineapple** along with the **olive oil** (see ingredients for amount) and a squeeze of **lime juice**. Set aside.



4 FRY THE HALLOUMI

Cut the **halloumi** into 1cm thick slices. Put the **olive oil** (see ingredients for amount) in a mixing bowl with the **Mexican spice**. **★ TIP:** *The Mexican spice is pretty spicy so go easy if you don't like it hot!* Add the **halloumi** to the bowl and carefully coat in the **spice mixture**. Put a frying pan on high heat. Fry the **halloumi slices** until browned, 2-3 mins on each side. Remove from the heat.



5 FINISH THE RICE

Roughly chop the **coriander** (stalks and all). When the **rice** is cooked, stir in the **coriander** and squeeze in some **lime juice**. Taste and season with **salt** and **pepper** as necessary.



6 SERVE AND ENJOY

Fluff up the **rice**, share between your plates and top with the **spiced halloumi**. Finish with a generous spoonful of **pineapple salsa**. **Tuck in!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Water*	300ml	450ml	600ml
Vegetable Stock Powder (10)	½ pot	¾ pot	1 pot
Echalion Shallot	1	1	2
Red Pepper	1	1½	2
Tomato Purée	½ sachet	1 sachet	1 sachet
Basmati Rice	150g	225g	300g
Pineapple Rings	1 tin	1½ tins	2 tins
Mint	1 bunch	1 bunch	1 bunch
Lime	2	2	3
Olive Oil for the Salsa*	1 tbsp	1½ tbsp	2 tbsp
Halloumi (7)	1 block	1½ blocks	2 blocks
Olive Oil for the Halloumi*	1 tbsp	1½ tbsp	2 tbsp
Lime	2	2	3
Mexican Spice	½ pot	¾ pot	1 pot
Coriander	½ bunch	1 bunch	1 bunch

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 621G	PER 100G
Energy (kcal)	830	134
(kJ)	3473	560
Fat (g)	39	6
Sat. Fat (g)	20	3
Carbohydrate (g)	80	13
Sugars (g)	19	3
Protein (g)	37	6
Salt (g)	4.03	0.65

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk (10) Celery

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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