

Halloumi Crispy Rice Bowl with Ginger-Lime Vinaigrette

There are few ingredients we love more than seared halloumi for making dinner special. Paired with crispy jasmine rice, roasted beets and a ginger-lime vinaigrette, it's magic.

30 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Medium Saucepan
Large Skillet
Small Bowl
Rimmed Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Ginger-Lime Vinaigrette
Jasmine Rice
Seasoned Onions
Beets
Kale
Halloumi Cheese

Good to Know

If you're cooking the **Carb Conscious version**, we sent you diced zucchini instead of Jasmine Rice, reducing the **carbs to 26g per serving**. In place of step 2, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot sauté the zucchini until it starts to brown, about 2 to 3 minutes. Then add the Seasoned Onions and continue to cook for another 2 to 3 minutes until the onions are soft. Transfer directly to serving bowls.

Health snapshot per serving – 680 Calories, 31g Protein, 42g Fat, 46g carbs, 21 Freestyle Points.

Lightened Up Health snapshot per serving – 540 Calories, 31g Carbs, 34g Fat, and 16 Freestyle Points, by using half the Jasmin Rice and half the Ginger-Lime Vinaigrette.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Halloumi Cheese, Beets, Jasmine Rice, Kale, Yellow Onion, Vegetable Oil, Rice Wine Vinegar, Lime, Ginger, Cilantro, Miso, Sugar, Turmeric, Paprika, White Pepper

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1. Get Ready

Preheat your oven to 425. Bring a medium saucepan of water to a boil. Combine 1 Tbsp olive oil and the **Ginger Lime Vinaigrette** in a small bowl and set aside until step 6.

2. Cook the Rice

Add the **Jasmine Rice** to the boiling water and cook until tender, about 12 to 15 minutes. Drain well and return to the saucepan. Add the **Seasoned Onions**, cover and set aside until step 4.

3. Roast the Vegetables

While the rice is cooking, place the **Beets** on a rimmed baking sheet and drizzle with olive oil and lightly season with salt and pepper. Toss and arrange in a single layer on one half of the baking sheet. Repeat the same process with the **Kale** on the other half. Roast until the beets and kale start to crisp and brown, about 15 minutes. Remove from the oven and toss all the veggies together with tongs on the baking sheet and set aside.

4. Make the Crispy Rice

Heat 2 Tbsp olive oil in your largest skillet over medium-high heat. When the oil is hot, spread the rice/onions in an even layer and cook until the bottom starts to brown and crisp, about 3 to 4 minutes. Flip the rice and cook on the other side until it starts to brown, an additional 3 to 4 minutes. Transfer directly to serving bowls. Wipe out the skillet.

5. Sear the Halloumi

Place the **Halloumi Cheese** on a cutting board and cut in half lengthwise, then slice into rectangles about ¼" thick. You should have about 10 to 12 pieces per serving after slicing.

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the Halloumi and lightly sprinkle with pepper. Cook until one side is golden brown, about 3 minutes, then flip and cook the other side until golden brown, an additional 3 minutes.

6. Put It All Together

Top the crispy rice with the kale and beets and then the seared halloumi. Drizzle the entire dish with the Ginger-Lime Vinaigrette. Enjoy!

*We're sending
the halloumi
uncut to
maintain
freshness.*

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois