



# Refried Bean and Halloumi Tacos with Chipotle Mayo and Baby Gem

**Quick** 20 Minutes • **Medium Spice** • 2 of your 5 a day • Veggie

17



Black Beans



Garlic Clove



Lime



Halloumi



Tomato Puree



Chipotle Paste



Mayonnaise



Plain Taco  
Tortillas



Baby Gem  
Lettuce

**Pantry Items**  
Oil, Salt, Pepper

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep. Ingredients in **red** are hot!

## Cooking tools

Sieve, bowl, garlic press, fine grater, saucepan, kitchen paper, frying pan and baking tray.

## Ingredients

Ingredients	2P	3P	4P
Black Beans	1 carton	1½ cartons	2 cartons
Garlic Clove**	1	2	2
Lime**	½	1	1
Halloumi** 7)	225g	337g	450g
Tomato Puree	30g	60g	60g
Chipotle Paste	20g	30g	40g
Mayonnaise 8) 9)	64g	96g	128g
Plain Taco Tortillas 13)	6	9	12
Baby Gem Lettuce**	1	2	2

Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3675 / 878	826 / 197
Fat (g)	44.7	10
Sat. Fat (g)	18.6	4.2
Carbohydrate (g)	73.9	16.6
Sugars (g)	10.0	2.2
Protein (g)	43.1	9.7
Salt (g)	4.52	1.02

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

7) Milk 8) Egg 9) Mustard 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://www.hellofresh.co.uk) or use our app to rate this recipe

HelloFresh UK  
Packed in the UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

You can recycle me!



## Get Prepped

**a)** If you don't have a microwave, heat your oven to 220°C/200°C fan/gas mark 7 for the **tortillas**.

**b)** Drain and rinse the **black beans** in a sieve. Pop a **third** of the **beans** into a bowl and mash with the back of a fork.

**c)** Peel and grate the **garlic** (or use a garlic press). Zest and halve the **lime** (see ingredients for amount).

**d)** Drain the **halloumi**, then cut it into 2cm chunks. Place them into a small bowl of **cold water** and leave to soak.



## Get Frying

**a)** Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **halloumi** and fry until golden, turning frequently, 6-7 mins.

**b)** Meanwhile, mix the remaining **chipotle paste** with **half** the **mayo** in a small bowl.

**c)** In another bowl, mix the remaining **mayo** with the **lime zest**.



## Bring on the Beans

**a)** Heat a drizzle of **oil** in a medium saucepan on medium-high heat.

**b)** Once hot, add the **garlic** and **tomato puree**. Cook, stirring, for 1 min.

**c)** Pour in the **water for the sauce** (see pantry for amount) and add the **whole** and **crushed beans**. Mix together and cook for 3-4 mins.



## Tortilla Time

**a)** Pile the **tortillas** (3 per person) onto a plate. Heat them through in the microwave, 850W: 50 secs / 750W: 1 min, until warm and soft.

**b)** If you're using the oven, lay the **tortillas** onto a baking tray and place on the middle shelf to warm through, 1-2 mins.

**c)** Trim the **baby gem**, halve lengthways, then thinly slice widthways.



## Spice It Up

**a)** Add **half** the **chipotle paste** to the **beans** (add less if you'd prefer things milder).

**b)** Mix well and season to taste with **salt** and **pepper**.

**c)** Allow to simmer until thickened, 2-3 mins.

**d)** Meanwhile, remove the **halloumi cubes** from the **cold water**, pop them onto a plate lined with kitchen paper and pat them dry.



## Build your Tacos

**a)** Spread the **chipotle mayo** over the **base** of **tortilla**.

**b)** Top with a handful of **lettuce** and a squeeze of **lime juice**.

**c)** Spoon over some **chipotle bean mix**, then top with the **fried halloumi cubes**. Drizzle over the **zesty mayo** to finish - as much as you'd like.

**d)** Serve the **tacos** with any remaining **lime** cut into **wedges** for squeezing over. **TIP: Tacos are best enjoyed eaten by hand - get stuck in!**

## Enjoy!