



# Halloumi and Refried Bean Tacos

with Baby Gem Lettuce and Chipotle Mayo

**Quick** 20-25 Minutes • **Medium Spice** • 2 of your 5 a day • Veggie

17



Garlic Clove



Halloumi



Black Beans



Tomato Puree



Lime



Baby Gem Lettuce



Chipotle Paste



Mayonnaise



Plain Taco Tortillas

**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

Garlic press, bowl, sieve, saucepan, kitchen paper and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	1	2	2
Halloumi** 7)	225g	337g	450g
Black Beans	1 carton	1½ cartons	2 cartons
Tomato Puree	30g	45g	60g
Lime**	½	1	1
Baby Gem Lettuce**	1	2	2
Chipotle Paste	20g	30g	40g
Mayonnaise 8) 9)	64g	96g	128g
Plain Taco Tortillas 13)	6	9	12
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Sauce*	100ml	150ml	200ml

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	501g	100g
Energy (kJ/kcal)	3613 /864	721 /172
Fat (g)	41.7	8.3
Sat. Fat (g)	19.2	3.8
Carbohydrate (g)	75.3	15.0
Sugars (g)	10.7	2.1
Protein (g)	43.2	8.6
Salt (g)	4.80	0.96

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

## Contact

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## Get Prepped

- If you don't have a microwave, heat your oven to 220°C/200°C fan/gas mark 7 for the **tortillas**.
- Peel and grate the **garlic** (or use a garlic press).
- Drain the **halloumi**, then slice into 1cm batons. Place into a small bowl of **cold water** and leave to soak.
- Drain and rinse the **black beans** in a sieve.



## Get Frying

- 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, 4-5 mins.



## Bring on the Beans

- Heat a drizzle of **oil** in a medium saucepan on medium-high heat.
- Once hot, add the **garlic** and **tomato puree**. Cook, stirring, for 1 min.
- Pour in the **water for the sauce** (see pantry for amount) then add the **beans**. Lightly crush the **beans** with a fork then mix together and cook for 3-4 mins.
- Meanwhile, cut the **lime** into wedges (see ingredients for amount). Trim the **baby gem**, halve lengthways, then thinly slice widthways.



## Tortilla Time

- Meanwhile, in a small bowl, combine the **mayo** and remaining **chipotle paste**. Set aside.
- 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.
- 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.
- Once the **halloumi** is golden, remove the pan from the heat.



## Spice It Up

- Next, add **half** the **chipotle paste** to the **beans** (add less if you prefer things milder).
- Mix well and season to taste with **salt** and **pepper**. Allow to simmer until thickened, 2-3 mins.
- Meanwhile, remove the **halloumi** from the **cold water**, pop onto a plate lined with kitchen paper and pat dry.
- Once the **beans** have thickened, remove from the heat and cover to keep warm.



## Build your Tacos

- When everything's ready, share the **tortillas** out between your plates.
- Top with a handful of **lettuce**, squeezing over some **lime juice**. Spoon on some **chipotle bean mix**.
- Pile in the **fried halloumi** then drizzle over the **chipotle mayo** to finish - as much as you'd like.
- 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!