

Halloumi, Pepper and Sweetcorn Tacos

with Chipotle Mayonnaise

RAPID

20 Minutes • Little Heat • 1 of your 5 a day • Veggie





Echalion Shallot







Sweetcorn



Halloumi



Mayonnaise



Chipotle Paste



Spring Onion



Soft Shell Taco

Before you start

Our fruit, veggies and herbs need a wash before vou use them!

Basic cooking tools you will need:

Sieve and Large Frying Pan.

Ingredients

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	2P	3P	4P
Echalion Shallot**	1	1	2
Green Pepper**	1	2	2
Sweetcorn	1 small carton	¾ large carton	1 large carton
Halloumi 7) **	1 block	1½ blocks	2 blocks
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets
Chipotle Paste	½ sachet	¾ sachet	1 sachet
Spring Onion**	1	2	2
Soft Shell Taco 13)	6	9	12

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	453g	100g
Energy (kJ/kcal)	3966 /948	875/209
Fat (g)	54	12
Sat. Fat (g)	22	5
Carbohydrate (g)	72	16
Sugars (g)	16	3
Protein (g)	40	9
Salt (g)	4.99	1.10

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

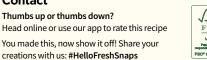
7) Milk 8) Egg 9) Mustard 13) Gluten

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

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Get Prepped

- a) Preheat the oven to 180°C.
- **b)** Halve, peel and thinly slice the **shallot**.
- c) Halve the pepper and discard the core and seeds. Chop into 2cm sized chunks.
- **d)** Drain and rinse the **sweetcorn** in a sieve.
- e) Chop the halloumi into 2cm chunks.



2. Fry the Veg

- a) Heat a drizzle of oil in a large frying pan on medium-high heat.
- b) Once the oil is hot, add the pepper and sweetcorn.
- c) Season with salt and pepper, stir fry until the pepper has softened and the sweetcorn has coloured slightly, 4-5 mins.



3. Add the Shallot

a) Add the shallot to the pan with the veg. stir together and cook until the shallot is soft, 3-4 mins.



4. Make the Mayo

- a) Meanwhile, pop the mayo in a bowl and add the **chipotle paste** (see ingredients list).
- **b)** Mix together and leave to the side.
- c) Trim the spring onion and thinly slice.



5. Fry the Cheese

- a) Once the veggies are soft, remove them to a bowl and pop your frying pan back on mediumhigh heat with a drizzle of oil.
- **b)** Add the **halloumi** to the pan and fry until golden brown on all sides, 5-6 mins. Turn every minute or
- c) Meanwhile, pop your tacos into the oven to warm through for 2-3 mins.
- **d)** Once cooked, remove the pan from the heat.



6. Finish and Serve

- a) Spread the chipotle mayo evenly on each of the tacos.
- **b)** Divide the **veg** between the **tacos** and finish with some cubes of halloumi.
- c) Sprinkle over the spring onion.

Enjoy!