



Halloumi, Pepper and Sweetcorn Tacos

with Chipotle Mayonnaise

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

N° 21



Echalion Shallot



Green Pepper



Sweetcorn



Halloumi



Mayonnaise



Chipotle Paste



Spring Onion



Soft Shell Taco

Before you start

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

Basic cooking tools you will need:

Sieve and Large Frying Pan.

Ingredients

	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

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1. Get Prepped

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



4. Make the Mayo

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



2. Fry the Veg

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



5. Fry the Cheese

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



3. Add the Shallot

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



6. Finish and Serve

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

Enjoy!