

Halloumi, Pepper and Sweetcorn Tacos

with Tomato Salsa and Chipotle Mayo

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



Red Onion



Bell Pepper



Sweetcorn



Halloumi



Medium Tomato



Ground Cumin



Mayonnaise



Chipotle Paste



Spring Onion



Plain Taco Tortilla

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Sieve, frying pan and bowl.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Bell Pepper***	1	2	2
Sweetcorn	150g	250g	326g
Halloumi** 7)	250g	375g	500g
Medium Tomato	1	2	2
Ground Cumin	1 sachet	1 sachet	2 sachets
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets
Chipotle Paste	½ sachet	¾ sachet	1 sachet
Spring Onion**	1	2	2
Plain Taco Tortilla 13)	6	9	12

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	479g	100g
Energy (kJ/kcal)	3803 /909	706 /169
Fat (g)	49	9
Sat. Fat (g)	23	4
Carbohydrate (g)	81	15
Sugars (g)	17	3
Protein (g)	38	7
Salt (g)	4.38	0.81

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 9) Mustard 13) 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

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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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Get Prepped

- Preheat the oven to 180°C.
- Halve, peel and thinly slice the **red onion**. Halve the **pepper** and discard the core and seeds. Chop into 2cm chunks.
- Drain the **sweetcorn** in a sieve. Chop the **halloumi** into 2cm chunks.
- Chop the **tomato** into 1cm chunks, then pop into a medium bowl and set aside.



Prep the Extras

- Meanwhile, pop the **mayo** into a small bowl with the **chipotle paste** (see ingredients for amount). **TIP:** Add less chipotle if you don't like too much heat. Mix together and set aside.
- Trim and thinly slice the **spring onion**.
- Add the **spring onion** to the **tomato** bowl. Drizzle with **olive oil**, season with **salt** and **pepper** then mix together. Set aside.



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**, then stir-fry until the **pepper** has softened and the **sweetcorn** has coloured slightly, 4-5 mins.



Fry the Halloumi

- Once the **veggies** are soft, transfer them to another bowl and cover to keep warm. Pop your frying pan back on medium-high heat with a drizzle of **oil**.
- Once hot, add the **halloumi** to the pan and fry until golden, turning frequently, 4-5 mins.
- Meanwhile, pop your **tortillas** into the oven to warm through for 2-3 mins.
- Once the **halloumi** is cooked, remove the pan from the heat.



Add the Onion

- Add the **onion** and **ground cumin** to the pan and cook until the **onion** has softened, 3-4 mins.



Assemble the Tacos

- Spread the **chipotle mayo** evenly on each of the **tortillas**.
- Divide the **veg** between the **tacos** and finish with the **halloumi**.
- Spoon the **tomato salsa** over each **taco** (3 per person). **TIP:** Tacos are best enjoyed eaten by hand - get stuck in!

Enjoy!