

Refried Bean and Halloumi Tacos

with Chipotle Mayo

RAPID 20 Minutes • Medium Spice • 1.5 of your 5 a day • Veggie









Black Beans







Halloumi

Lime





Chipotle Paste

Tomato Puree



Mayonnaise



Plain Taco Tortillas



Baby Gem Lettuce

Before you start

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

Basic cooking tools, you will need:

Colander, Fine Grater (or Garlic Press), Saucepan, Measuring Jug and Frying Pan.

Ingredients

	2P	3P	4P
Black Beans	1 carton	1½ cartons	2 cartons
Garlic Clove**	1 clove	2 cloves	2 cloves
Lime**	1/2	1	1
Halloumi 7) **	1 block	1½ blocks	2 blocks
Tomato Puree	1 sachet	2 sachets	2 sachets
Water for the Beans*	100ml	150ml	300ml
Chipotle Paste	1 sachet	1½ sachets	2 sachets
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets
Plain Taco Tortillas 13)	6	9	12
Baby Gem Lettuce**	1	2	2

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	510g	100g
Energy (kJ/kcal)	4182/1000	820/196
Fat (g)	55	11
Sat. Fat (g)	22	4
Carbohydrate (g)	73	14
Sugars (g)	11	2
Protein (g)	47	9
Salt (g)	5.26	1.03

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

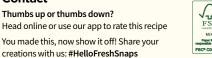
7) Milk 8) Egg 9) Mustard 13) Gluten

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

Thumbs up or thumbs down? Head online or use our app to rate this recipe You made this, now show it off! Share your



Packed in the UK

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

HelloFRESH You can recycle me!



1. Get Prepared

- a) Preheat your oven to 180°C.
- b) Drain and rinse the black beans in a colander. Pop a third of the beans in a bowl and mash with a fork until broken up.
- c) Peel and grate the garlic (or use a garlic press).
- d) Zest and halve the lime.
- e) Chop the halloumi into 2cm chunks.



4. Fry the Halloumi

- a) Heat a drizzle of oil in a large frying pan on medium-high heat.
- **b)** Add the **halloumi** and fry until golden, 6-7 mins. Turn every 2 mins.
- c) Meanwhile, mix the remaining chipotle paste and half the mayo in a small bowl.



2. Get Cooking

- a) Heat a drizzle of oil in a medium saucepan over medium-high heat
- b) Add the garlic and tomato purée, stir and cook for 1 minute.
- c) Pour in the water (see ingredients for amount) and add the whole and crushed beans.
- d) Mix together and cook for 3-4 mins.



3. Spice it up

- a) Add half the chipotle paste to the beans.
- b) Mix well and season to taste with salt and **pepper**.
- c) Allow to simmer until thickened, 2-3 mins.



5. Finishing Touches

- a) Pop the tacos (3 per person) directly onto the top shelf of the oven until heated through, 1-2 mins.
- **b)** Mix the remaining **mayo** with the **lime zest**.
- c) Trim the root from the baby gem lettuce then half lengthways. Thinly slice widthways.



6. Build Your Tortillas!

- a) Lay the tacos on a board or plate. Spread the **chipotle mayo** on the base of the **tacos**.
- b) Add a handful of lettuce to the base and squeeze over the lime juice.
- c) Add a couple of spoonfuls of the chipotle bean mix to each taco.
- d) Top with equal amounts of halloumi cubes, drizzle over the limey mayo.
- e) Serve 3 per person with any extra lime wedges for squeezing over. **Enjoy!**

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.