



# Refried Bean and Halloumi Tacos with Chipotle Mayo

Customer Favourites 20 Minutes • Medium Spice • 1 of your 5 a day • Veggie

33



Black Beans



Garlic Clove



Lime



Halloumi



Tomato Purée



Chipotle Paste



Mayonnaise



Plain Taco Tortillas



Baby Gem Lettuce

## Before you start

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

## Cooking tools, you will need:

Colander, Two Bowls, Fine Grater (or Garlic Press), Chopping Board, Sharp Knife, 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**                   | ½         | 1          | 1         |
| Halloumi 7)**            | 250g      | 375g       | 500g      |
| Tomato Purée             | 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)        | 3743 / 895  | 734 / 176 |
| Fat (g)                 | 43          | 9         |
| Sat. Fat (g)            | 21          | 4         |
| Carbohydrate (g)        | 77          | 15        |
| Sugars (g)              | 11          | 2         |
| Protein (g)             | 43          | 8         |
| Salt (g)                | 4.84        | 0.95      |

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

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

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

Thumbs up or thumbs down?

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You can recycle me!



## Get Prepared

- Preheat your oven to 180°C.
- 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.
- Peel and grate the **garlic** (or use a garlic press).
- Zest and halve the **lime**.
- Chop the **halloumi** into 2cm chunks.



## Fry the Halloumi

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



## Get Cooking

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



## Finishing Touches

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



## Spice it Up

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



## Build Your Tortillas!

- Lay the **taco tortillas** on a board or plate. Spread the **chipotle mayo** on the base of the **tacos**.
- Add a handful of **lettuce** to the base and squeeze over the **lime juice**.
- Add a couple of spoonfuls of the **chipotle bean mix** to each **taco**.
- Top with equal amounts of **halloumi cubes**, drizzle over the **zesty mayo**. 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.