

# Refried Bean and Halloumi Tacos with Chipotle Mayo

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





Black Beans









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

#### 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
1 carton	1½ cartons	2 cartons
1 clove	2 cloves	2 cloves
1/2	1	1
250g	375g	500g
1 sachet	2 sachets	2 sachets
100ml	150ml	300ml
1 sachet	1⅓ sachets	2 sachets
2 sachets	3 sachets	4 sachets
6	9	12
1	2	2
	1 carton 1 clove ½ 250g 1 sachet 100ml 1 sachet 2 sachets 6	1 carton 1½ cartons   1 clove 2 cloves   ½ 1   250g 375g   1 sachet 2 sachets   100ml 150ml   1 sachet 1½ sachets   2 sachets 3 sachets   6 9

<sup>\*</sup>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
Carbohydrate (g) Sugars (g) Protein (g)	77 11 43	15 2 8

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

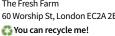
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#### **Get Prepared**

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



#### **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.



## 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.



#### 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.



## **Finishing Touches**

- a) Pop the taco tortillas (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.



#### **Build Your Tortillas!**

- a) Lay the taco tortillas 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 **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.