

Refried Bean and Halloumi Tacos

with Chipotle Mayo and Baby Gem

Classic 20 Minutes • Medium Spice • Veggie



Black Beans



Garlic Clove



Lime



Halloumi



Tomato Puree



Chipotle Paste



Mayonnaise



Plain Taco Tortilla



Baby Gem Lettuce

Before you start

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

Cooking tools, you will need:

Sieve, Bowl, Garlic Press, Fine Grater, Saucepan, Measuring Jug, Frying Pan, Bowl and Baking Tray

Ingredients

	2P	3P	4P
Black Beans	1 carton	1½ cartons	2 cartons
Garlic Clove**	1	2	2
Lime**	½	1	1
Halloumi** 7)	250g	375g	500g
Tomato Puree	1 sachet	2 sachets	2 sachets
Water for the Sauce*	100ml	150ml	200ml
Chipotle Paste	1 sachet	1½ sachets	2 sachets
Mayonnaise** 8)9)	2 sachets	3 sachets	4 sachets
Plain Taco Tortilla 13)	6	9	12
Baby Gem Lettuce**	1	2	2

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	464g	100g
Energy (kJ/kcal)	3821 /913	824 /197
Fat (g)	47	10
Sat. Fat (g)	23	5
Carbohydrate (g)	77	17
Sugars (g)	9	2
Protein (g)	41	9
Salt (g)	4.53	0.98

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 Prepped

- Preheat your oven to 180°C.
- Drain and rinse the **black beans** in a sieve. Pop a third of the **beans** into 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**.
- Drain the **halloumi** and chop 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.
- In another bowl, mix the remaining **mayo** with the **lime zest**.



Start the Chipotle Bean Mix

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



Finishing Touches

- Pop the **tortillas** onto a baking tray and into the oven to warm through, 1-2 mins.
- Trim the **baby gem** then half lengthways and thinly slice widthways.



Spice It Up

- Add **half** the **chipotle paste** to the **beans** (add less if you don't like too much heat).
- Mix well and season to taste with **salt** and **pepper**.
- Allow to simmer until thickened, 2-3 mins.



Build Your Tacos

- Lay the **tortillas** on a board or plate.
- Spread the **chipotle mayo** on the base of the **tortillas**. Top with a handful of **lettuce** and squeeze over the **lime juice**.
- Add a couple of spoonfuls of the **chipotle bean mix** to each **tortilla**. Top with equal amounts of **halloumi cubes**, then drizzle over the **zesty mayo**.
- Serve the **tacos** (3 per person) with any extra **lime wedges** for squeezing over. **TIP: Tacos are best enjoyed eaten by hand - get stuck in!**

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.