

Refried Bean and Halloumi Tacos

with Chipotle Mayo and Baby Gem

Rapid

20 Minutes • Medium Spice • Veggie









Black Beans







Halloumi

Lime





Tomato Puree



Mayonnaise



Chipotle Paste

Plain Taco Tortilla



Baby Gem Lettuce

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, garlic press, fine grater, saucepan, frying pan and baking tray.

Ingredients

| Ingredients | 2P | 3P | 4P | |
|-------------------------------------|-----------|--------------|-----------|--|
| Black Beans | 1 carton | 1½ cartons | 2 cartons | |
| Garlic Clove** | 1 | 2 | 2 | |
| Lime** | 1/2 | 1 | 1 | |
| Halloumi** 7) | 250g | 375g | 500g | |
| Tomato Puree | 1 sachet | 2 sachets | 2 sachets | |
| Chipotle Paste | 1 sachet | 11/2 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 | |
| Pantry | 2P | 3P | 4P | |
| Water for the Sauce* | 100ml | 150ml | 200ml | |
| *Not Included **Store in the Fridge | | | | |

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 464g | 100g |
| Energy (kJ/kcal) | 3777 /903 | 815/195 |
| Fat (g) | 44.2 | 9.5 |
| Sat. Fat (g) | 20.9 | 4.5 |
| Carbohydrate (g) | 77.6 | 16.7 |
| Sugars (g) | 11.0 | 2.4 |
| Protein (g) | 43.0 | 9.3 |
| Salt (g) | 4.90 | 1.06 |
| | | |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 9) Mustard 13) Cereals containing 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.

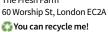
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Get Prepped

- a) 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.
- **b)** Peel and grate the **garlic** (or use a garlic press).
- c) Zest and halve the lime.
- d) Chop the halloumi into 2cm chunks.



Start the Chipotle Bean Mix

- a) Heat a drizzle of oil in a medium saucepan on medium-high heat.
- **b)** Once hot, add the **garlic** and **tomato puree**. Cook, stirring, for 1 min.
- c) 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.
- d) Meanwhile, preheat your oven to 200°C/180°C fan/gas mark 6.



Spice It Up

- a) Add half the chipotle paste to the beans (add less if you'd prefer things milder).
- 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) Once hot, add the halloumi and fry until golden, turning frequently, 4-5 mins.
- c) Meanwhile, mix the remaining chipotle paste with half the mayo in a small bowl.
- d) In another bowl, mix the remaining mayo with the lime zest.



Finishing Touches

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



Build your Tacos

- a) Lay the tortillas on a board or plate (3 per person). Spread the chipotle mayo over each.
- b) Top with a handful of lettuce and a squeeze of lime juice.
- c) Spoon over some chipotle bean mix, then top with the **fried halloumi cubes**. Drizzle over the zesty mayo to finish.
- d) Serve the tacos with any remaining lime wedges for squeezing over. TIP: Tacos are best enjoyed eaten by hand - get stuck in!

Enjoy!