



Refried Bean and Halloumi Tacos

with Chipotle Mayo

N° 16

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



Black Beans



Garlic Clove



Lime



Halloumi



Tomato Puree



Chipotle Paste



Mayonnaise



Plain Taco Tortillas



Baby Gem Lettuce

Before you start

Our fruit, veggies and herbs need a wash before you 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**	½	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

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

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Packed in the UK



1. 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.



4. 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.



2. 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.



5. Finishing Touches

- Pop the **tacos** (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.



3. 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.



6. Build Your Tortillas!

- Lay the **tacos** 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 **limey 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.