



Refried Bean and Halloumi Tacos

with Chipotle Mayo and Baby Gem

Rapid 20 Minutes • Medium Spice • Veggie

17



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!
Wash your hands before and after prep.

Cooking tools

Sieve, bowl, garlic press, fine grater, saucepan, frying pan 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	468g	100g
Energy (kJ/kcal)	3865 /924	826 /197
Fat (g)	49.7	10.4
Sat. Fat (g)	22.6	4.8
Carbohydrate (g)	77.6	16.6
Sugars (g)	8.9	1.9
Protein (g)	41.5	8.9
Salt (g)	4.72	1.01

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.

Contact

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Get Prepped

- 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**.
- Chop the **halloumi** into 2cm chunks.



Fry the Halloumi

- Preheat your oven to 180°C. Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **halloumi** and fry until golden, turning frequently, 4-5 mins.
- Meanwhile, mix the remaining **chipotle paste** with **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 on medium-high heat.
- Once hot, add the **garlic** and **tomato puree**. Cook, stirring, 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**, halve lengthways, then 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** over each.
- Top with a handful of **lettuce** and a squeeze of **lime juice**.
- Spoon over some **chipotle bean mix**, then top with the **fried halloumi cubes**. Drizzle over the **zesty mayo** to finish.
- Serve the **tacos** (3 per person) with any remaining **lime** chopped into **wedges** for squeezing over. **TIP: Tacos are best enjoyed eaten by hand - get stuck in!**

Enjoy!