

Halloumi Tacos

with Pineapple Salsa and Chipotle Cream

hellóchef

Salty halloumi and sweet pineapple are a match made in heaven!

Cals 768 • Prot 32 • Carbs 79 • Fat 39

Vegetarian

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🕒 cook: 25 min

R2986



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Tacos	2 ppl	3 ppl	4 ppl	
Romaine lettuce	200	300	400	Grams
Halloumi 4*	200	400	400	Grams
6" tortilla wraps 10*, 11*	6	9	12	Piece
Salsa				
Pineapple chunks	140	140	280	Grams
Cherry tomatoes	150	250	300	Grams
Shallots	1	1	2	Piece
Fresh coriander	15	15	30	Grams
Large red chilli	1	1	2	Piece
Cream				
Lime	1	2	2	Piece
Sour cream 4*	60	90	120	Grams
Salt	0.5	0.5	1	Tsp
Ketchup	8	8	16	Grams
Chipotle powder	2	2	2	Grams

Allergens

*4 Milk, *10 Wheat, *11 Gluten

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3208 / 768
Fat (g)	38.6
of which saturates (g)	28.4
Carbohydrate (g)	79
of which sugars (g)	21.3
Fiber (g)	7.1
Protein (g)	31.5
Salt (g)	37.4

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep pineapple salsa

Drain the **pineapple**. Quarter the **cherry tomatoes**. Peel and finely chop the **shallots**. Roughly chop the **coriander**. Finely chop the **red chilli (spicy!)**. Place the lot in a bowl, toss and set aside – this is your **salsa**.

Tip! If cooking for kids, set aside a portion of the pineapple and tomatoes.



2 Prep cream

In a second bowl, combine the **lime** juice, **sour cream**, **salt** and **ketchup** with a generous pinch of **chipotle powder (spicy!)**. Set aside- this is your **chipotle cream**.

Tip! If cooking for kids, set aside a portion of the plain sour cream.



3 Prep toppings

Shred the **lettuce**. Carefully slice the **halloumi**.



4 Fry halloumi

Heat a large non-stick pan over a medium heat. Once hot, add the **halloumi** and fry for 1-2 min on every side until golden brown.

Tip! Don't fry the halloumi on too high a heat. It should be golden on the outside and soft on the inside.



5 Warm tortillas

Meanwhile, place the **tortilla wraps** on a plate and heat them in the microwave for 30-60 secs until warm.



6 Assemble

Load the warmed **tortilla wraps** with the **lettuce**, **halloumi**, **chipotle cream** and **pineapple salsa**.

Tip! If cooking for kids, serve the halloumi, plain pineapple, tomatoes, sour cream and tortillas separately. Let the kids build their own tacos!