

UCCOOK

Halloumi Tacos

with black beans & avocado

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Veggie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Muratie Wine Estate | Muratie Laurens
Campher Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	725kJ	5049kJ
Energy	173kcal	1208kcal
Protein	6g	41.8g
Carbs	13g	89g
of which sugars	1.9g	13.5g
Fibre	4.4g	30.8g
Fat	11.1g	77.6g
of which saturated	5g	34.7g
Sodium	206mg	1435mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: Moderate

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Onion <i>peel & roughly slice ½ [1]</i>
60g	120g	Black Beans <i>drain & rinse</i>
5ml	10ml	Smoked Paprika
100g	200g	Halloumi Cheese <i>slice into 1cm thick slabs</i>
2	4	Wheat Flour Tortillas
40ml	80ml	Sour Cream
3g	5g	Fresh Coriander <i>rinse, pick & finely chop</i>
10ml	20ml	Lime Juice
20g	40g	Green Leaves <i>rinse & finely shred</i>
1	1	Avocado <i>cut in half & thinly slice ½ [1]</i>
10g	20g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Butter

Paper Towel

1. ONION & BEANS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the onion until soft, 4-5 minutes. Mix in the beans, paprika, and a knob of butter. Cook until the beans are warmed through, 3-4 minutes (shifting occasionally). Remove from pan and season.

2. HALLOUMI Return the pan, wiped down, to medium-high heat with a drizzle of oil. Fry the halloumi until crispy and golden, 1-2 minutes per side. Remove from the pan, drain on paper towel and cut into strips.

3. TOAST Place the tortillas on a microwavable plate and sprinkle with droplets of water. Heat in the microwave for 30 seconds. Alternatively, return the pan, wiped down, to medium heat. Dry toast the tortillas until lightly crisped, 15 seconds per side. You'll need to do this step in batches, stacking the heated ones under a dry tea towel as you go to stop them from drying out.

4. SOME PREP In a small bowl, combine the sour cream, ½ the coriander, and lime juice (to taste).

5. TIME TO EAT Top the tortillas with green leaves, bean mixture, halloumi, avocado slices, and drizzle the limey sour cream over. Scatter the jalapeños over and garnish with a sprinkle of the remaining coriander. Enjoy, Chef!