



Honey and Lime Halloumi Tacos with Black Beans & Mango Salsa

The epitome of a fresh and summery meal, perfect for eating al fresco! The minty mango salsa makes this dish feel so light and refreshing as well as packing a serious hit of vitamin C. Black beans are a fantastic source of plant protein, offering the added benefit of antioxidants and fibre too - what a super food!

Ingredients

- Honey
- Lime
- Halloumi
- Cumin
- Black Beans
- Rocket
- Garlic
- Mango
- Mint
- Red Chilli
- Spring Onion
- Soft Taco Shells

Your Pantry

- Olive Oil
- Salt & Pepper

Nutritional Info

Calories: 539 kcal
Carbohydrates: 58.8 g
Protein: 33g
Fat: 13.1 g

Allergens

Wheat (Taco Shells)
Milk (Halloumi)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Prepare the vegetables & make the marinade

In a bowl, mix 2 tbsp of lime juice, 1 tbsp honey, and ½ tsp of cumin. Peel and thinly slice the garlic clove. Split the Chilli lengthways, remove seeds and finely chop. Finely chop the mint and spring onion.

Stand the mango on chopping board and cut about ½ cm from the widest centre line through the mango. You will be left with 2 ovals. Cut parallel slices into the mango being careful not to cut through skin and turn inside out and scrape mango chunks off with knife or spoon. Set aside.

2) Prepare the black beans

Drain and rinse the black beans in water. Add to a saucepan with the garlic, cumin, and a tablespoon of water per person. Season with salt and pepper (to taste) and place on low to medium heat while you prepare the rest of the meal.

3) Prepare the halloumi

Slice the halloumi into slim sticks or slices. Lay into the marinade and set aside.

4) Make the salsa

Leave a couple of slices of spring onion and Chilli aside for garnish. Mix the remainder with the mango, mint, and juice of half a lime (or to taste). Set aside.

5) Fry the halloumi

Heat a non-stick frying pan over medium heat. Lift the halloumi from the marinade and lay all the slices on the pan for 2-3 minutes or until golden, then turn the halloumi over. Once both sides are golden, spoon a tablespoon of the marinade per person over the halloumi and cook for a further minute.

6) Assemble and serve!

Remove the black beans from the heat and serve these and the salsa in separate bowls.

Spoon a layer of the black beans into the taco wraps, followed by a layer of the mango salsa, and then two pieces of halloumi and some rocket. Sprinkle some of the remaining spring onion and red Chilli on top.



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