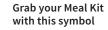


# Chermoula-Coconut Chickpea Tacos

with Yoghurt & Coriander

CLIMATE SUPERSTAR











Chermoula Spice Blend





Tomato Paste





Vegetable Stock

Cucumber





Leaves

Mini Flour Tortillas





Greek-Style

Yoghurt







Prep in: 15-25 mins Ready in: 15-25 mins



Calorie Smart<sup>^</sup>

Bursting with paprika, cumin and turmeric, our chermoula spice blend works wonderfully with creamy coconut milk and tomato paste to create a saucy base for the chickpeas. Top with a dollop of yoghurt for tang and creaminess, and a fresh coriander garnish for a bright burst of flavour.

**Pantry items** 

Olive Oil, Butter, White Wine Vinegar

#### Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

Large frying pan

#### Ingredients

| migi calcii              | 00              |                                      |
|--------------------------|-----------------|--------------------------------------|
|                          | 2 People        | 4 People                             |
| olive oil*               | refer to method | refer to method                      |
| brown onion              | 1               | 2                                    |
| garlic                   | 2 cloves        | 4 cloves                             |
| chickpeas                | 1 packet        | 2 packets                            |
| chermoula spice<br>blend | 1 medium sachet | 1 large sachet                       |
| tomato paste             | 1 packet        | 1 packet                             |
| coconut milk             | 1 medium packet | 2 medium packets                     |
| vegetable stock powder   | 1 medium sachet | 1 large sachet                       |
| butter*                  | 10g             | 20g                                  |
| cucumber                 | 1               | 2                                    |
| white wine<br>vinegar*   | drizzle         | drizzle                              |
| mixed salad<br>leaves    | 1 medium bag    | 1 large bag                          |
| mini flour tortillas     | 6               | 12                                   |
| Greek-style<br>yoghurt   | 1 medium packet | 1 large packet                       |
| coriander                | 1 bag           | 1 bag                                |
| chicken breast**         | 1 small packet  | 2 small packets<br>OR 1 large packet |

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 2554kJ (610Cal) | 501kJ (120Cal) |
| Protein (g)      | 17.5g           | 3.4g           |
| Fat, total (g)   | 29.7g           | 5.8g           |
| - saturated (g)  | 20.2g           | 4g             |
| Carbohydrate (g) | 63.8g           | 12.5g          |
| - sugars (g)     | 18.4g           | 3.6g           |
| Sodium (mg)      | 1393mg          | 273mg          |
| Custom Pooino    |                 |                |

#### **Custom Recipe**

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3307kJ (790Cal) | 490kJ (117Cal) |
| Protein (g)      | 51.5g           | 7.6g           |
| Fat, total (g)   | 34.4g           | 5.1g           |
| - saturated (g)  | 21.7g           | 3.2g           |
| Carbohydrate (g) | 63.8g           | 9.5g           |
| - sugars (g)     | 18.4g           | 2.7g           |
| Sodium (mg)      | 1477mg          | 219mg          |

The quantities provided above are averages only.

#### **Allergens**

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

#### We're here to help!

Scan here if you have any questions or concerns





#### Get prepped

- Finely chop **brown onion** and **garlic**.
- Drain and rinse chickpeas.

Custom Recipe: If you've added chicken breast, only drain and rinse half the chickpeas. Cut chicken into 2cm chunks. In a large frying pan, heat a drizzle of olive oil over high heat. Cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Transfer to a bowl.



### Prep the salad & tortillas

- While the chickpeas are cooking, thinly slice **cucumber** into half-moons.
- In a medium bowl, combine a drizzle of white wine vinegar and olive oil.
  Season, then add mixed salad leaves and cucumber. Toss to coat.
- Microwave **mini flour tortillas** on a plate in **10 second** bursts, until warmed through.



## Cook the chickpeas

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook onion, stirring, until softened, 3-5 minutes.
- Add garlic, chermoula spice blend, tomato paste and chickpeas. Cook, stirring, until fragrant, 1-2 minutes.
- Add coconut milk and vegetable stock powder. Cook, stirring, until slightly thickened, 2-3 minutes.
- Remove from heat. Stir in the butter until melted, then lightly mash chickpeas. Season with salt and pepper to taste.

TIP: The butter helps balance out the acidity of the tomato paste!

**Custom Recipe:** Cook chickpeas as above. After mashing chickpeas, return chicken to pan, stirring to combine and heat through. Season as above.



## Serve up

- Fill tortillas with a helping of salad and chermoula-coconut chickpeas.
- Top with a dollop of Greek-style yoghurt.
- Tear over **coriander** leaves to serve. Enjoy!

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate