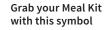


Quick Chermoula-Coconut Chickpea Tacos with Yoghurt & Coriander

CLIMATE SUPERSTAR













Chermoula Spice Blend





Tomato Paste

Tortillas

Coriander

Vegetable Stock

Cucumber





Mini Flour

Mixed Salad Leaves



Greek-Style



Yoghurt





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



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

9				
	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 blend	1 medium sachet	1 large sachet		
tomato paste	1 medium packet	1 large 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 vinegar*	drizzle	drizzle		
mixed salad leaves	1 medium bag	1 large bag		
mini flour tortillas	6	12		
Greek-style yoghurt	1 medium packet	1 large packet		
coriander	1 bag	1 bag		
chicken breast**	1 small packet	2 small packets OR 1 large packet		

^{*}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)	20.3g	4g
Carbohydrate (g)	63.8g	12.5g
- sugars (g)	18.4g	3.6g
Sodium (mg)	1393mg	273mg

Custom Recipe

_		
Avg Qty	Per Serving	Per 100g
Energy (kJ)	3269kJ (781Cal)	484kJ (116Cal)
Protein (g)	54.1g	8g
Fat, total (g)	32.2g	4.8g
- saturated (g)	21.1g	3.1g
Carbohydrate (g)	64g	9.5g
- sugars (g)	18.4g	2.7g
Sodium (mg)	1463mg	217mg

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!

Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate