



Quick Chermoula-Coconut Chickpea Tacos

with Yoghurt & Coriander

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Chickpeas



Chermoula Spice Blend



Tomato Paste



Coconut Milk



Vegetable Stock Powder



Cucumber



Mixed Salad Leaves



Mini Flour Tortillas



Greek-Style Yoghurt



Coriander



Chicken Breast

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



Calorie Smart[^]
[^]Custom Recipe is not Calorie Smart



Eat Me Early*
*Custom Recipe only

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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

	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

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