

American-Style Smashed Chickpea Tacos

with Smokey Slaw & Corn Salsa

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweetcorn



Cucumber



Coriander



Garlic



Chickpeas



All-American Spice Blend



Tomato Paste



Slaw Mix



Plant-Based Smokey Aioli



Mini Flour Tortillas



Beef Mince

Prep in: 20-30 mins
Ready in: 25-35 mins



Plant-Based*

*Custom Recipe is not Plant-Based

With their mild nutty flavour, hearty chickpeas stand up well to the cumin, mustard and paprika in our All-American spice blend for a fun taco filling. While the chickpea mixture is cooking, whip up the simple slaw - complete with plant-based smokey aioli for some creaminess.

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

Pantry items

Olive Oil, White Wine Vinegar, Plant-Based Butter,

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
sweetcorn	1 medium tin	1 large tin
cucumber	1	2
coriander	1 packet	1 packet
white wine vinegar*	drizzle	drizzle
garlic	1 clove	2 cloves
chickpeas	1 medium packet	2 medium packets
All-American spice blend	1 medium sachet	1 large sachet
tomato paste	1 medium packet	1 large packet
water*	¾ cup	1 ½ cup
plant-based butter*	20g	40g
slaw mix	1 small packet	1 large packet
plant-based smokey aioli	1 medium packet	2 medium packets
mini flour tortillas	6	12
beef mince**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2847kJ (680Cal)	549kJ (131Cal)
Protein (g)	19.7g	3.8g
Fat, total (g)	31.2g	6g
- saturated (g)	5.2g	1g
Carbohydrate (g)	70.6g	13.6g
- sugars (g)	17.1g	3.3g
Sodium (mg)	1130mg	218mg
Dietary Fibre (g)	22.8g	4.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3793kJ (907Cal)	589kJ (141Cal)
Protein (g)	47.3g	7.3g
Fat, total (g)	44.1g	6.8g
- saturated (g)	10.8g	1.7g
Carbohydrate (g)	70.6g	11g
- sugars (g)	17.1g	2.7g
Sodium (mg)	1204mg	187mg
Dietary Fibre (g)	22.8g	3.5g

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



1

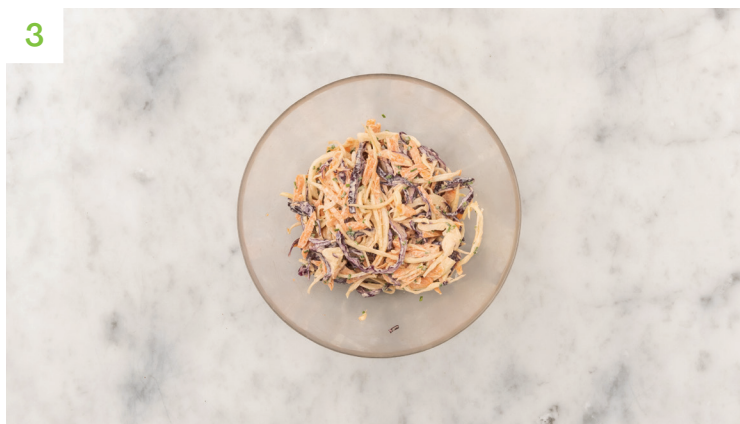


Make the salsa

- Drain **sweetcorn**.
- Heat a large frying pan over high heat. Cook **corn kernels** until lightly browned, **4-5 minutes**. Transfer to a medium bowl.
- Meanwhile, roughly chop **cucumber** and **coriander**. Transfer to bowl with the charred corn. Drizzle with **olive oil** and **white wine vinegar**.

TIP: Cover the pan with a lid if the corn kernels are “popping” out.

3



Prep the slaw & heat the tortillas

- While chickpeas are cooking, in a second medium bowl, combine **slaw mix** and **plant-based smokey aioli**. Season to taste.
- Microwave **mini flour tortillas** on a plate for **10 second** bursts, or until warmed through.

2



Cook the chickpeas

- Finely chop **garlic**. Drain and rinse **chickpeas**.
- Return pan to medium-high heat with a drizzle of **olive oil**. Cook **garlic**, **All-American spice blend** and **tomato paste**, stirring, until fragrant, **1 minute**. Add **chickpeas**, **salt** and the **water** and cook until slightly thickened, **5-6 minutes**. Stir in the **plant-based butter** until melted and combined.
- Remove pan from heat. Lightly mash **chickpeas** with a potato masher or fork (add a splash water if the mixture looks too thick). Season to taste.

Custom Recipe: If you've added beef mince, before adding garlic, cook beef mince, breaking up with a spoon, 3-4 minutes. Add garlic and continue with step as above. Drain oil from pan before adding garlic for best results.

4



Serve up

- Build tacos by topping tortillas with smokey aioli slaw and American-style smashed chickpeas.
- Top with corn salsa to serve. Enjoy!

Custom Recipe: Build tacos by topping tortillas with smokey aioli slaw and American-style beef and smashed chickpeas as above.

Rate your recipe

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