

Easy Chermoula-Coconut Chickpea Tacos with Yoghurt, Almonds & Mint

Grab your Meal Kit with this symbol











Chickpeas





Chermoula Spice





Tomato Paste



Vegetable Stock



Cucumber



Mixed Salad



Mini Flour

Tortillas

Leaves





Flaked Almonds



Yoghurt



Prep in: 15-25 mins Ready in: 20-30 mins

> Eat Me Early* *Custom Recipe only



^Custom recipe is not Calorie Smart

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 flaked almonds for crunch, yoghurt for tang and creaminess, and a fresh mint garnish for a bright burst of flavour.

Pantry items

Olive Oil, Butter, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds.

You'll also need to give your veggies a wash.

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 tin	2 tins
chermoula spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	1 packet
coconut milk	1 medium tin	2 medium tins
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
flaked almonds	1 medium packet	1 large packet
mint	1 bag	1 bag
chicken breast**	1 small packet	1 large packet

^{*}Pantry Items ** Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2260kJ (540Cal)	344kJ (82Cal)
Protein (g)	29.8g	4.5g
Fat, total (g)	35.4g	5.4g
- saturated (g)	20.7g	3.1g
Carbohydrate (g)	96.8g	14.7g
- sugars (g)	19.1g	2.9g
Sodium (mg)	1740mg	265mg
Custom Recipe		

Guotomiteolpe				
Avg Qty	Per Serving	Per 100g		
Energy (kJ)	3020kJ (722Cal)	367kJ (88Cal)		
Protein (g)	63.1g	7.7g		
Fat, total (g)	40.6g	4.9g		
- saturated (g)	22.4g	2.7g		
Carbohydrate (g)	96.8g	11.8g		
- sugars (g)	19.1g	2.3g		
Sodium (mg)	1828mg	222mg		

The quantities provided above are averages only.

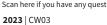
Allergens

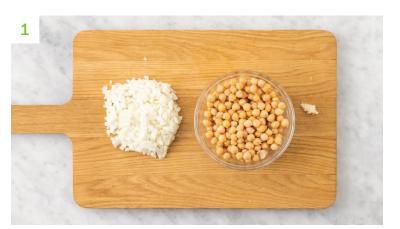
Always read product labels for the most up-to-date allergen information.

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, 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

- 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 salad and chermoula-coconut chickpeas.
- Drizzle with Greek-style yoghurt. Sprinkle with flaked almonds. Tear over mint leaves to serve. Enjoy!

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