

Mexican Smashed Chickpea Tacos

with Mojo Rojo Sauce & Cheddar

Grab your Meal Kit with this symbol



Red Onion



Chickpeas



Corn



Garlic



Cos Lettuce



Tomato



Tex-Mex Spice Blend



Tomato Paste



Mini Flour Tortillas



Shredded Cheddar Cheese



Mojo Rojo Dressing

 Hands-on: 20-30 mins
Ready in: 25-35 mins

Change up your taco order with this legume-packed version that uses satisfying chickpeas to create a filling meal. With zesty pickled onion and our new flavourful mojo rojo dressing, this meal has a bit of everything for a Mexican feast!

Pantry items

Olive Oil, Rice Wine Vinegar, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	½	1
rice wine vinegar*	¼ cup	½ cup
salt*	1 tsp	2 tsp
sugar*	1 tsp	2 tsp
chickpeas	1 tin	2 tins
corn	1 cob	2 cobs
garlic	2 cloves	4 cloves
cos lettuce	½ head	1 head
tomato	1	2
butter*	20g	40g
Tex-Mex spice blend	½ sachet	1 sachet
tomato paste	1 sachet	2 sachets
water*	¾ cup	1½ cups
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
mojo rojo dressing	1 packet (50g)	2 packets (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3433kJ (820Cal)	647kJ (154Cal)
Protein (g)	25.1g	4.7g
Fat, total (g)	41.4g	7.8g
- saturated (g)	13.7g	2.6g
Carbohydrate (g)	81.4g	15.3g
- sugars (g)	17.2g	3.2g
Sodium (mg)	2450mg	461mg

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.



Pickle the onion

Thinly slice the **red onion** (see ingredients). In a small bowl, combine the **rice wine vinegar**, the **salt** and **sugar**. Scrunch the onion in your hands, then add to the pickling liquid. Add just enough **water** to cover the onion and stir to coat. Set aside until serving.



Get prepped

Drain and rinse the **chickpeas**. Slice the kernels off the **corn** cob. Finely chop the **garlic**. Shred the **cos lettuce** (see ingredients). Roughly chop the **tomato**.



Cook the chickpeas

In a large frying pan, heat the **butter** and a drizzle of **olive oil** over a medium-high heat. Add the **corn** and cook until browned, **3-4 minutes**. Add the **garlic**, **Tex-Mex spice blend** (see ingredients) and **tomato paste** and cook until fragrant, **1 minute**. Add the **chickpeas** and the **water** and bring to a simmer. Simmer until thickened, **3 minutes**.



Mash the chickpeas

Using a potato masher or fork, lightly mash the **chickpeas** until some of them have broken up and the sauce has thickened. Season to taste.

TIP: Add a splash more water if the chickpea mixture looks too thick.



Heat the tortillas

Heat the **mini flour tortillas** in a sandwich press or on a plate in the microwave for **10 second** bursts, or until warmed through.



Serve up

Drain the pickled onion. Build tacos by filling each tortilla with cos lettuce, smashed chickpeas, **shredded Cheddar cheese**, **mojo rojo dressing**, tomato and pickled onions.

Enjoy!