

Mexican Smashed Chickpea Tacos

with Smokey Aioli & 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



Smokey Aioli

 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 and flavourful meal. With zesty pickled onion and smoky aioli, this meal has a bit of everything for a Mexican feast!

Pantry items

Olive Oil, Rice Wine Vinegar, Sugar,
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

Medium 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 sachet
water*	¾ cup	1 ½ cups
mini flour tortillas	6	12
shredded Cheddar cheese	1 medium packet	1 large packet
smokey aioli	1 packet (100g)	2 packets (200g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4436kJ (1060Cal)	770kJ (184Cal)
Protein (g)	25.3g	4.4g
Fat, total (g)	70g	12.2g
- saturated (g)	16.6g	2.9g
Carbohydrate (g)	81.6g	14.2g
- sugars (g)	17.5g	3g
Sodium (mg)	2379mg	413mg

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.



Pickle the onion

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



Get prepped

Drain and rinse the **chickpeas**. Cut 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 medium 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 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 onions. Build tacos by filling with a helping of cos lettuce, smashed chickpeas, **shredded Cheddar cheese**, **smokey aioli**, tomato and pickled onions.

Enjoy!