



# Chermoula-Coconut Chickpea Tacos

with Yoghurt, Almonds & Mint

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Chickpeas



Chermoula Spice Blend



Tomato Paste



Coconut Milk



Vegetable Stock Powder



Cucumber



Baby Cos Lettuce



Mini Flour Tortillas



Flaked Almonds



Mint



Greek-Style Yoghurt



Chicken Breast

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



Calorie Smart<sup>^</sup>  
<sup>^</sup>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 flaked almonds for crunch, yoghurt for tang and creaminess, and a fresh mint 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

Remember to wash your hands for 20 seconds before you get cooking.

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

## You will need

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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 medium packet	1 large packet
coconut milk	1 medium tin	2 medium tins
vegetable stock powder	1 medium sachet	1 large sachet
<b>butter*</b>	10g	20g
cucumber	1	2
<b>white wine vinegar*</b>	drizzle	drizzle
baby cos lettuce	½ head	1 head
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

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3020kJ (721Cal)	367kJ (87Cal)
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](https://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!

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2022 | CW46



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## 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.

3



## Prep the salad & tortillas

- Thinly slice **cucumber** into half-moons. Finely shred **baby cos lettuce** (see ingredients).
- In a medium bowl, combine a drizzle of **white wine vinegar** and **olive oil**. Season, then add **cos lettuce** and **cucumber**. Toss to coat.
- Microwave **mini flour tortillas** on a plate in **10 second** bursts, until warmed through.

2



## 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.

4



## Serve up

- Fill tortillas with a helping of 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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