

Chermoula-Coconut Chickpea Tacos

with Yoghurt, Almonds & Mint

Grab your Meal Kit with this symbol



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

• • 1 Eat Me Early*

*Custom Recipe only

Calorie Smart^

^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.

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

Pantry items Olive Oil, Butter, White Wine Vinegar

J

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

J		
	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 medium packet	1 large 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
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
${\small Carbohydrate}\left(g\right)$	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.

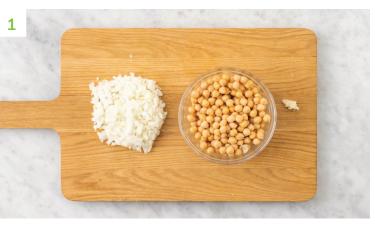
Allergens

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

Visit hellofresh.com.au/foodinfo 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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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.



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.



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.



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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