



INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Shallot



13.4 oz | 26.8 oz
Chickpeas



1 | 2
Poblano Pepper



1 | 2
Lime



1 | 2
Roma Tomato



5 tsp | 10 tsp
White Wine
Vinegar



2 TBSP | 4 TBSP
Southwest Spice
Blend



1.5 oz | 3 oz
Tomato Paste



1 | 2
Veggie Stock
Concentrate



6 | 12
Flour Tortillas
Contains: Wheat



4 TBSP | 8 TBSP
Sour Cream
Contains: Milk



½ Cup | 1 Cup
Monterey Jack
Cheese
Contains: Milk

HELLO

CHICKPEA TINGA

A meatless version of a traditional taco filling cooked with rich tomato paste and warm spices

CHICKPEA TINGA TACOS

with Monterey Jack Cheese, Poblano & Lime Crema



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 950



CHICK-A-POW

Be careful with the chickpeas as they cook in step 3—it's natural for them to pop a bit. Make sure to dry them thoroughly before adding to the pan, and use a splatter screen if you have one.

BUST OUT

- Strainer
- 2 Medium bowls
- Paper towels
- Large pan
- Small bowl
- Kosher salt
- Black pepper
- Sugar (**1 tsp** | **2 tsp**)
- Olive oil (**4 tsp** | **4 tsp**)

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1 PREP

- **Wash and dry all produce.**
- Halve, peel, and very thinly slice **shallot**. Drain and rinse **chickpeas**. Core, deseed, and finely chop **poblano**. Quarter **lime**. Dice **tomato**.



2 PICKLE SHALLOT

- In a medium bowl, combine **vinegar**, **half the shallot**, **1 tsp sugar** (**2 tsp for 4 servings**), a **pinch of salt**, and **1 TBSP water** until sugar and salt are mostly dissolved.
- Set aside to pickle, stirring occasionally, until ready to serve.



3 COOK CHICKPEAS

- Pat **chickpeas** dry with paper towels; season with **half the Southwest Spice** (you'll use the rest in the next step), **salt**, and **pepper**.
- Heat a **large drizzle of olive oil** in a large pan over medium-high heat. Add chickpeas and cook, stirring occasionally, until lightly browned and crisped, 4-5 minutes.
- Transfer to a second medium bowl.



4 MAKE FILLING

- Heat another **large drizzle of olive oil** in same pan over medium-high heat. Add **poblano** and **remaining shallot**; season with **salt** and **pepper**. Cook, stirring, until softened, 3-4 minutes.
- Return **chickpeas** to pan and stir in **tomato paste**, **stock concentrate**, **remaining Southwest Spice**, and **¼ cup water** (**½ cup for 4 servings**). Cook, stirring, until chickpeas are coated in a thick sauce, 2-3 minutes more.



5 WARM & MIX

- While filling cooks, wrap **tortillas** in damp paper towels and microwave until warm and pliable, 30 seconds.
- In a small bowl, combine **sour cream** and a **squeeze of lime juice**. Season with **salt** and **pepper**. Stir in **water** 1 tsp at a time until mixture reaches a drizzling consistency.



6 SERVE

- Divide **tortillas** between plates. Fill with **chickpea filling**, **tomato**, **Monterey Jack**, **crema**, and as much **pickled shallot** (draining first) as you like. Serve with **remaining lime wedges** on the side.