



MEXICAN SMASHED CHICKPEA TACOS

with Avocado & Cheddar



Smash chickpeas using a potato masher



Red Onion



Chickpeas



Garlic



Cos Lettuce



Cucumber



Avocado



Mexican Fiesta Spice Blend



Tomato Paste



Mini Flour Tortillas



Shredded Cheddar Cheese



Greek Yoghurt

Hands-on: **20-30 mins**
 Ready in: **25-30 mins**
 Spicy (Mexican Fiesta spice blend)

Change up your taco order with these legume-packed versions that use satisfying chickpeas to create a filling and flavourful meal. With zesty pickled onion and creamy avocado, this meal has a bit of everything for a Mexican-style feast!

Pantry Staples: Olive Oil, Rice Wine Vinegar, Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium frying pan**



1 PICKLE THE ONION

Thinly slice the **red onion** (see ingredients list). In a small bowl, combine the **rice wine vinegar**, **water (for the pickle)** and a **good pinch** of **sugar** and **salt**. Scrunch the **onion** in your hands, then add to the pickling liquid and stir to coat. Set aside until serving.



2 GET PREPPED

Drain and rinse the **chickpeas**. Finely chop the **garlic** (or use a garlic press). Shred the **cos lettuce**. Thinly slice the **cucumber** into batons. Cut the **avocado** into 1cm cubes. **TIP:** Slice the avocado in half and scoop the flesh out of its skin with a spoon.



3 COOK THE CHICKPEAS

SPICY! The spice blend is hot, use less if you're sensitive to heat. In a medium frying pan, heat the **butter** and a **drizzle** of **olive oil** over a medium-high heat. Add the **garlic**, **Mexican Fiesta spice blend** (see ingredients list) and **tomato paste** and cook until fragrant, **1 minute**. Add the **chickpeas** and the **water (for the chickpeas)** and bring to a simmer. Simmer until thickened, **3 minutes**.



4 MASH THE CHICKPEAS

Using a potato masher or fork, lightly mash the **chickpeas** until some of them have broken up and the sauce is thick. Season to taste with **salt** and **pepper**. **TIP:** Add a splash of water if the chickpea mixture is too thick for your liking.



5 HEAT THE TORTILLAS

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



6 SERVE UP

Drain the pickled onion. Build your tacos by filling the tortillas with a helping of shredded cos lettuce, smashed chickpeas, **shredded Cheddar cheese**, a dollop of **Greek yoghurt**, avocado, cucumber and pickled onion.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red onion	½	1
rice wine vinegar*	¼ cup	½ cup
water* (for the pickle)	¼ cup	½ cup
chickpeas	1 tin	2 tins
garlic	2 cloves	4 cloves
cos lettuce	1 head	2 heads
cucumber	1 (medium)	1 (large)
avocado	1	2
butter*	20g	40g
Mexican Fiesta spice blend	½ sachet	1 sachet
tomato paste	1 tin	2 tins
water* (for the chickpeas)	¾ cup	1½ cups
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
Greek yoghurt	1 packet (100g)	2 packets (200g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3580kJ (856Cal)	528kJ (126Cal)
Protein (g)	29.1g	4.3g
Fat, total (g)	44.1g	6.5g
- saturated (g)	16.7g	2.5g
Carbohydrate (g)	76.3g	11.2g
- sugars (g)	15.1g	2.2g
Sodium (g)	1090mg	160mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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2019 | WK52

