



# Chermoula Chickpea Tacos

with Pickled Onion & Mint Yoghurt

Grab your Meal Kit with this symbol



Red Onion



Capsicum



Tomato



Mint



Garlic



Chickpeas



Greek-Style Yoghurt



Slivered Almonds



Chermoula Spice Blend



Tomato Paste



Mini Flour Tortillas



Baby Spinach Leaves



Chilli Flakes (Optional)

- Hands-on: **25-35 mins**
- Ready in: **25-35 mins**
- Spicy (optional chilli flakes)

These tacos hit all the right marks – they are full with pops of crunchy capsicum, saucy spiced chickpeas, crispy leaves and delicious creamy yoghurt. Not to mention they are high in fibre and protein. It's a winner, winner veggie dinner!

## Pantry items

Olive Oil, Rice Wine Vinegar, 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

Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1 (medium)	1 (large)
rice wine vinegar*	¼ cup	½ cup
capsicum	1	2
tomato	1	2
mint	1 bunch	1 bunch
garlic	2 cloves	4 cloves
chickpeas	1 tin	2 tins
Greek-style yoghurt	1 medium packet	1 large packet
slivered almonds	1 packet	2 packets
chermoula spice blend	1 sachet	1 sachet
butter*	20g	40g
tomato paste	¾ packet	1½ packets
water*	¾ cup	1½ cups
mini flour tortillas	8	16
baby spinach leaves	1 bag (60g)	1 bag (120g)
chilli flakes	pinch	pinch

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3483kJ (832Cal)	546kJ (130Cal)
Protein (g)	30.5g	4.8g
Fat, total (g)	35.6g	5.6g
- saturated (g)	13.4g	2.1g
Carbohydrate (g)	92g	14.4g
- sugars (g)	20.6g	3.2g
Sodium (mg)	1715mg	269mg

The quantities provided above are averages only.

## Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/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**. In a small bowl, combine the **rice wine vinegar** and a generous pinch of **salt** and **sugar**. Scrunch the **onion** in your hands, then add to the pickling liquid with just enough **water** to cover the onion. Stir to coat and set aside until serving.



## Get prepped

Thinly slice the **capsicum** into strips. Finely chop the **tomato**. Pick and thinly slice the **mint** leaves. Finely chop the **garlic**. Drain and rinse the **chickpeas**. In a second small bowl, combine the **Greek-style yoghurt**, **mint** and a drizzle of **olive oil**. Season with **salt** and **pepper** and set aside.



## Toast the almonds

Heat a large frying pan over a medium-high heat. Add the **slivered almonds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a bowl.



## Cook the chickpeas

Return the frying pan to a high heat with a generous drizzle of **olive oil**. Cook the **capsicum** until just tender, **3-4 minutes**. Add the **chickpeas** and cook, tossing occasionally, until golden, **2-3 minutes**. Add the **garlic**, **chermoula spice blend**, **butter** and **tomato paste** (see ingredients) and cook until fragrant, **1 minute**. Add the **water**, stir to combine and simmer until thickened, **1-2 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. Remove from the heat and set aside. Microwave the **mini flour tortillas** on a plate for **10 second** bursts, until warmed through.

**TIP:** Add a splash of water if the chickpea mixture looks too thick.



## Serve up

Drain the pickled onion. Bring everything to the table to serve. Build your tacos by filling them with a helping of **baby spinach leaves**, chermoula chickpeas, tomato and pickled onion. Top with the mint yoghurt and toasted almonds. Sprinkle over a pinch of **chilli flakes** (if using).

## Enjoy!