

Indian Chickpea Tacos

with Cucumber, Parsley & Roasted Cashews

Grab your Meal Kit with this symbol



Onion



Carrot



Cos Lettuce



Cucumber



Chickpeas



Garlic Paste



Mumbai Spice Blend



Apricot Sauce



Mini Flour Tortillas



Parsley



Crushed Roasted Cashews



Garlic Aioli



Chicken Breast

Recipe Update

Unfortunately, this week's mint was in short supply, so we've replaced it with parsley. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: **20-30 mins**
Ready in: **20-30 mins**

Eat Me Early*
*Custom Recipe only

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

Wow, there's a lot being packed into these tacos, they might explode! The sweet apricot glaze counter balances the North Indian spices of the chickpeas. Not to mention the cooling relief of the parsley and cucumber. We even squeezed in some nutty goodness to really make this dish go off with a bang!

Pantry items

Olive Oil, Butter, White Wine Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	1 (medium)	1 (large)
carrot	1	2
cos lettuce	½ head	1 head
cucumber	1 (medium)	1 (large)
chickpeas	1 tin	2 tins
garlic paste	1 large packet	2 large packets
Mumbai spice blend	1 sachet	2 sachets
apricot sauce	1 medium packet	1 large packet
water*	¼ cup	½ cup
butter*	30g	60g
white wine vinegar*	drizzle	drizzle
mini flour tortillas	6	12
parsley	1 bag	1 bag
crushed roasted cashews	1 medium packet	2 medium packets
garlic aioli	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3690kJ (881Cal)	638kJ (152Cal)
Protein (g)	22.9g	4g
Fat, total (g)	44.2g	7.6g
- saturated (g)	15.3g	2.6g
Carbohydrate (g)	91.5g	15.8g
- sugars (g)	20.8g	3.6g
Sodium (mg)	1463mg	253mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4435kJ (1059Cal)	601kJ (143Cal)
Protein (g)	56g	7.6g
Fat, total (g)	49.5g	6.7g
- saturated (g)	16.9g	2.3g
Carbohydrate (g)	92.3g	12.5g
- sugars (g)	20.8g	2.8g
Sodium (mg)	1563mg	212mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Get prepped

- Finely chop **onion**. Grate the **carrot**. Finely shred **cos lettuce** (see ingredients).
- Slice **cucumber** into thin sticks. Drain and rinse **chickpeas**.

Custom Recipe: If you've added chicken breast to your meal, cut chicken into 2cm chunks. Use only half the chickpeas.

3



Make the salad

- Meanwhile, combine **cos lettuce**, **carrot** and a drizzle of **white wine vinegar** and **olive oil** in a medium bowl. Season and set aside.
- 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 **chickpeas** and **onion**, tossing, until softened, **4-5 minutes**.
- Add another drizzle of **olive oil**, along with **garlic paste** and **Mumbai spice blend**. Stir to coat and cook until fragrant, **1-2 minutes**.
- Reduce heat to medium, then add **apricot sauce**, the **water** and **butter**, stirring chickpeas to coat, **1-2 minutes**. Season with **salt** and **pepper**.

Custom Recipe: Heat frying pan as above. When oil is hot, cook chicken, tossing, 1-2 minutes then add chickpeas and onion and cook until softened, 4-5 minutes. Continue with the step.

4



Serve up

- Bring everything to the table.
- Build your tacos by topping tortillas with salad.
- Top with apricot-glazed chickpeas and cucumber.
- Tear over **parsley**, garnish with **crushed roasted cashews** and drizzle over **garlic aioli** to serve. Enjoy!

Rate your recipe

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