

Indian Coconut & Chickpea Nachos

with Pickled Onion, Salsa & Mint Yoghurt

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Recipe Update

We've replaced the lentils in this recipe with chickpeas due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



Onion



Cherry Tomatoes



Coriander



Cucumber



Mint



Garlic



Mini Flour Tortillas



Chickpeas



Carrot



Greek-Style Yoghurt



Mumbai Spice Blend



Tomato Paste



Coconut Milk



Chicken Breast

Prep in: 25-35 mins
Ready in: 35-45 mins



Eat Me Early[^]
^{*}Custom Recipe only



Calorie Smart^{*}
^{*}Custom Recipe is not Calorie Smart

Get a load of this veggie masterpiece that looks just as amazing as it tastes! Crunchy tortilla wedges are piled high with a devilishly tasty coconut chickpea mix, cucumber salsa, pickled onion and mint yoghurt.

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

Pantry items

Olive Oil, 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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	½ (large)	1 (large)
white wine vinegar*	¼ cup	½ cup
cherry tomatoes	1 punnet	1 punnet
coriander	½ bag	1 bag
cucumber	1 (medium)	1 (large)
mint	½ bag	1 bag
garlic	2 cloves	4 cloves
mini flour tortillas	6	12
chickpeas	1 tin	2 tins
carrot	1	2
Greek-style yoghurt	1 medium packet	2 medium packets
Mumbai spice blend	1 sachet	2 sachets
tomato paste	1 packet	2 packets
coconut milk	1 medium packet	2 medium packets
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)	2900kJ (693Cal)	390kJ (93Cal)
Protein (g)	31.1g	4.2g
Fat, total (g)	28.5g	3.8g
- saturated (g)	20.3g	2.7g
Carbohydrate (g)	98g	13.2g
- sugars (g)	18.8g	2.5g
Sodium (mg)	1163mg	156mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3596kJ (859Cal)	398kJ (95Cal)
Protein (g)	66.1g	7.3g
Fat, total (g)	31.4g	3.5g
- saturated (g)	21.2g	2.3g
Carbohydrate (g)	98.9g	10.9g
- sugars (g)	18.9g	2.1g
Sodium (mg)	1285mg	142mg

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

2024 | CW07



1



Pickle the onion

- Preheat oven to **200°C/180°C fan-forced**.
- Cut **onion** (see ingredients) in half. Thinly slice half the **onion** and finely chop the remaining **onion** (this will be used in step 5!).
- In a small bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch the sliced **onion** in your hands, then add to the **pickling liquid** with just enough **water** to cover the **onion**. Stir to coat and set aside.

4



Bake the tortillas

- Place the **tortilla** wedges on a lined oven tray. Drizzle (or spray) with **olive oil**, season and toss to coat. Spread out evenly, then bake until golden, **8-10 minutes**.

TIP: If your oven tray is crowded, divide between two trays.

TIP: Keep an eye on them. You want them crisp, but not burnt!

2



Get prepped

- Halve **cherry tomatoes**. Finely chop **coriander** (see ingredients) and **cucumber**. Combine in a medium bowl, and set aside.
- Pick and thinly slice **mint leaves** (see ingredients). Finely chop **garlic**. Cut **mini flour tortillas** into wedges. Drain and rinse **chickpeas**. Grate **carrot**.

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks.

5



Cook the chickpeas

- While the tortillas are baking, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **carrot** and remaining **onion** until softened, **3-4 minutes**.
- Add **chickpeas** and cook until heated through, **2 minutes**.
- Add **garlic** and **Mumbai spice blend** and cook, stirring, until fragrant, **1-2 minutes**.
- Stir through **tomato paste** and **coconut milk**, then season generously. Simmer until sauce has thickened, **2-3 minutes**.

TIP: Add a splash of water if the mixture seems dry.

Custom Recipe: Cook chicken with the carrot and onion, tossing occasionally, until cooked through, 3-4 minutes. Continue with step.

3



Make the mint yoghurt

- In a second small bowl, combine **mint**, **Greek-style yoghurt** and a small drizzle of **olive oil**. Season with **salt** and **pepper**. Set aside.

6



Serve up

- Drain pickled onion.
- Divide tortilla chips between bowls. Top with coconut-chickpea mixture, cucumber salsa and pickled onion.
- Serve with mint yoghurt. Enjoy!

TIP: Serve the tortilla chips on the side if you prefer!

Rate your recipe

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