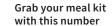


Smashed Chermoula Bean Tacos

with Slivered Almonds & Garlic Aioli

CLIMATE SUPERSTAR











Onion



Radish











Mini Flour

Garlic Aioli



Tortillas



Baby Leaves







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

Bursting with paprika, cumin and turmeric, our chermoula spice blend works wonderfully with tomato paste to create a saucy base for the cannellini beans. The salad and almonds add extra texture, and the tasty garlic aioli really makes the dish sing.

Pantry items Olive Oil, Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

9		
	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
garlic	2 cloves	4 cloves
onion	1/2	1
radish	2	3
cannellini beans	1 tin	2 tins
slivered almonds	1 packet	2 packets
chermoula spice blend	1 medium sachet	1 large sachet
butter*	20g	40g
tomato paste	1 packet	2 packets
water*	¾ cup	1½ cups
mini flour tortillas	6	12
garlic aioli	1 medium packet	1 large packet
baby leaves	1 medium packet	1 large packet
mint	1 packet	1 packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3485kJ (833Cal)	640kJ (153Cal)
Protein (g)	24.5g	4.5g
Fat, total (g)	42.8g	7.9g
- saturated (g)	12.1g	2.2g
Carbohydrate (g)	80.2g	14.7g
- sugars (g)	11g	2g
Sodium (mg)	1466mg	269mg
Dietary Fibre (g)	29.7g	5.5g

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.



Get prepped

• Grate carrot. Finely chop garlic. Thinly slice onion and radish. Drain and rinse cannellini beans.



Cook the cannellini beans

- Return the frying pan to high heat with a generous drizzle of olive oil. Cook carrot and onion until just tender, 2 minutes.
- Add cannellini beans and cook, tossing occasionally, until golden, 2-3 minutes.
- SPICY! The spice blend is mild, but use less if you're sensitive to heat. Add garlic, chermoula spice blend, the butter and tomato paste and cook until fragrant, 1 minute.
- Add the water, stir to combine and simmer until thickened, 1-2 minutes.
- Using a potato masher or fork, lightly mash cannellini beans until some of them have broken up and the sauce has thickened. Season to taste. Remove from heat and set aside.

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



ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.



Cook beef strips in batches, tossing, until browned and cooked through, 1-2 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.



Toast the almonds

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



Serve up

- Microwave mini flour tortillas on a plate in 10 second bursts, until warmed through.
- Build your tacos by spreading **garlic aioli** over tortillas. Top with some baby leaves, chermoula beans and radish.
- Sprinkle over toasted almonds and tear over **mint** to serve. Enjoy!