



Smashed Chermoula Bean Tacos

with Slivered Almonds & Garlic Aioli

CLIMATE SUPERSTAR

Grab your meal kit with this number

10



Carrot



Garlic



Onion



Radish



Cannellini Beans



Slivered Almonds



Chermoula Spice Blend



Tomato Paste



Mini Flour Tortillas



Garlic Aioli



Baby Leaves



Mint

Recipe Update

Due to local availability, we've replaced some of your ingredients. They may be a little different to what's pictured, but just as delicious!



Chicken Breast



Beef Strips

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

| | 2 People | 4 People |
|-----------------------|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| carrot | 1 | 2 |
| garlic | 2 cloves | 4 cloves |
| onion | ½ | 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.

CUSTOM OPTIONS



ADD CHICKEN BREAST

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



ADD BEEF STRIPS

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



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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW25



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

