



# Chermoula Chickpea Tacos

with Slivered Almonds & Garlic Aioli

Grab your meal kit with this number

10



Carrot



Garlic



Onion



Radish



Chickpeas



Slivered Almonds



Chermoula Spice Blend



Tomato Paste



Mini Flour Tortillas



Garlic Aioli



Baby Leaves



Mint



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 chickpeas. 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
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
garlic	2 cloves	4 cloves
onion	½	1
radish	2	3
chickpeas	1 tin	2 tins
slivered almonds	1 packet	2 packets
chermoula spice blend	1 medium sachet	1 large sachet
<b>butter*</b>	20g	40g
tomato paste	1 packet	2 packets
<b>water*</b>	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)	3523kJ (842Cal)	573kJ (136Cal)
Protein (g)	25.4g	4.1g
Fat, total (g)	45.2g	7.4g
- saturated (g)	12.5g	2g
Carbohydrate (g)	78.3g	12.7g
- sugars (g)	14.5g	2.4g
Sodium (mg)	1393mg	227mg
Dietary Fibre (g)	27.7g	4.5g

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](https://www.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** (see ingredients) and **radish**.
- Drain and rinse **chickpeas**.



## Cook the chickpeas

- Return the frying pan to high heat with a generous drizzle of **olive oil**. Cook **carrot** and **onion** until just tender, **2 minutes**.
- Add **chickpeas** 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 **chickpeas** 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.



## 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 chickpeas 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 | CW36



### 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.

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

