

Mexican Chickpea Taquitos

with Charred Corn Salsa

CLIMATE SUPERSTAR

Grab your meal kit with this number

9



Garlic



Onion



Carrot



Sweetcorn



Chickpeas



Mexican Fiesta Spice Blend



Tomato Paste



Passata



Mini Flour Tortillas



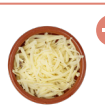
Baby Leaves



Plant-Based Mayonnaise



Beef Mince



Shredded Cheddar Cheese

Recipe Update

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

Prep in: 20-30 mins
Ready in: 30-40 mins

Calorie Smart

Plant Based

Taquitos, the close relative of enchiladas are in town tonight and we're excited for their stay. By switching beef to chickpeas, you can still get all of your favourite Mexican flavours in this delicious veggie meal! Dig in!

Pantry items

Olive Oil, Brown Sugar, Plant-Based Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling 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 · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
onion	½	1
carrot	1	2
sweetcorn	1 medium tin	2 medium tins
chickpeas	1 tin	2 tins
Mexican Fiesta spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
water*	¼ cup	½ cup
brown sugar*	½ tbs	1 tbs
plant-based butter*	20g	40g
passata	1 packet	2 packets
mini flour tortillas	6	12
baby leaves	1 small packet	1 medium packet
plant-based mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2294kJ (548Cal)	522kJ (124Cal)
Protein (g)	27.2g	4.2g
Fat, total (g)	30.6g	4.7g
- saturated (g)	11g	1.7g
Carbohydrate (g)	98.8g	15.3g
- sugars (g)	21.9g	3.4g
Sodium (mg)	2272mg	352mg
Dietary Fibre (g)	24.9g	3.9g

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 | CW51



Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Finely chop **garlic**.
- Thinly slice **onion** (see ingredients).
- Grate **carrot**.
- Drain **sweetcorn**.
- Drain and rinse **chickpeas**.



Char the corn

- Meanwhile, roughly chop **baby leaves**.
- Wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a medium bowl.

TIP: Cover the pan with a lid if the kernels are 'popping' out.



Cook the filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **onion** until tender, **2-3 minutes**.
- **SPICY!** The spice blend is hot! Add less if you're sensitive to heat. Add **garlic**, **Mexican Fiesta spice blend** and **tomato paste**, stirring, until fragrant, **1 minute**.
- Add **chickpeas**, the **water**, **brown sugar** and **plant-based butter** and cook, stirring, until thickened, **2-3 minutes**.
- Remove pan from heat. Stir through half the **passata** until combined. Season to taste.



Make the salsa

- To the bowl of **charred corn**, add **baby leaves** and a drizzle of **olive oil**. Toss to combine. Season to taste.



Bake the taquitos

- Lay **mini flour tortillas** on a flat surface. Spoon **filling** down the centre of each **tortilla**.
- Roll **tortillas** up tightly and place, seam-side down, evenly spaced on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**.
- Bake **taquitos** until golden and starting to crisp, **8-10 minutes**.



Serve up

- Divide chickpea taquitos between plates.
- Top with remaining passata and corn salsa.
- Drizzle over **plant-based mayo** to serve. Enjoy!

CUSTOM OPTIONS



ADD BEEF MINCE

Cook with filling, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.



ADD CHEDDAR CHEESE

Sprinkle over filling before rolling and baking taquitos.

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

