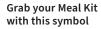


Creamy Indian Chickpea Tacos with Pickled Onion & Roasted Cashews





Hands-on: 20-30 mins Ready in: 20-30 mins

These tacos hit all the right marks - they are full with pops of crunchy cucumber, creamy spiced chickpeas, crispy leaves and a fresh hint of mint. Not to mention they are high in fibre and protein. It's a winner, winner veggie dinner!

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1/2	1
rice wine vinegar*	¼ cup	½ cup
ginger	1 knob	2 knobs
carrot	1	2
cucumber	1 (medium)	1 (large)
cos lettuce	½ head	1 head
chickpeas	1 tin	2 tins
garlic paste	1 packet	1 packet
Mumbai spice blend	1 sachet	2 sachets
coconut milk	1 tin (200ml)	1 tin (400ml)
water*	⅓ cup	⅔ cup
mini flour tortillas	8	16
mint	1 bag	1 bag
roasted cashews	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3707kJ (886Cal)	585kJ (140Cal)
Protein (g)	26.5g	4.2g
Fat, total (g)	41.7g	6.6g
- saturated (g)	24g	3.8g
Carbohydrate (g)	92.5g	14.6g
- sugars (g)	14.9g	2.4g
Sodium (mg)	1424mg	225mg

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.



Pickle the onion

Thinly slice the **red onion** (see ingredients). In a small bowl, combine the **rice wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch the **onion** in your hands, then add to the **pickling liquid** with just enough **water** to cover the onion. Stir to coat and set aside until serving.



Get prepped

Grate the **ginger** and **carrot**. Thinly slice the **cucumber** into half-moons. Shred the **cos lettuce** (see ingredients). Drain and rinse the **chickpeas**.



Cook the chickpeas

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **carrot** and **chickpeas**, tossing, until softened, **4-5 minutes**. Add another drizzle of **olive oil** along with the **garlic paste**, **ginger** and **Mumbai spice blend**. Stir to coat and cook until fragrant, **1-2 minutes**.



Make it creamy Add the coconut milk and water to the chickpeas. Stir to combine and cook until thickened, 5-6 minutes. Season with salt and pepper.

TIP: Add a splash more water if the sauce is looking too thick.



Heat the tortillas Microwave the mini flour tortillas on a plate for 10 second bursts, until warmed through.



Serve up

Pick the **mint** leaves and thinly slice. Roughly chop the **roasted cashews**. Drain the pickled onion. Build your tacos by adding a helping of the cos lettuce to a tortilla. Top with the creamy Indian chickpeas, pickled onion and cucumber. Garnish with the mint and cashews.

Enjoy!

If you have any questions or concerns, please visit hellofresh.co.nz/contact 2021 | CW30