



Creamy Indian Chickpea Tacos

with Pickled Onion & Roasted Cashews

Grab your Meal Kit with this symbol



Red Onion



Ginger



Carrot



Cucumber



Cos Lettuce



Chickpeas



Garlic Paste



Mumbai Spice Blend



Coconut Milk



Mini Flour Tortillas



Mint



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!

Pantry items

Olive Oil, Rice Wine Vinegar

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	½	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*	½ cup	¾ 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](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.



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!