



# Mexican Smashed Chickpea Tacos

with Avocado & Cheddar Cheese

Grab your Meal Kit with this symbol



Red Onion



Chickpeas



Garlic



Cos Lettuce



Cucumber



Avocado



Mexican Fiesta Spice Blend



Tomato Paste



Mini Flour Tortillas



Yoghurt



Shredded Cheddar Cheese

Hands-on: **20-30 mins**  
Ready in: **25-35 mins**

Spicy (Mexican Fiesta spice blend)

Change up your taco order with these legume-packed versions that use satisfying chickpeas to create a filling and flavourful meal. With zesty pickled onion and creamy avocado, this meal has a bit of everything for a Mexican-style feast!

### Pantry items

Olive Oil, Rice Wine Vinegar, Butter

## 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

Medium 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
water* (for the pickle)	¾ cup	1½ cups
chickpeas	1 tin	2 tins
garlic	2 cloves	4 cloves
cos lettuce	1 head	2 heads
cucumber	1 (medium)	1 (large)
avocado	1	2
butter*	20g	40g
Mexican Fiesta spice blend	½ sachet	1 sachet
tomato paste	¾ packet	1½ packets
water* (for the sauce)	¾ cup	1½ cups
mini flour tortillas	6	12
yoghurt	1 small packet	1 large packet
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3360kJ (803Cal)	519kJ (124Cal)
Protein (g)	26.3g	4.1g
Fat, total (g)	43.3g	6.7g
- saturated (g)	16.7g	2.6g
Carbohydrate (g)	69.2g	10.7g
- sugars (g)	14.4g	2.2g
Sodium (mg)	1480mg	228mg

### Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



### 1. Pickle the onion

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



### 2. Get prepped

Drain and rinse the **chickpeas**. Finely chop the **garlic**. Shred the **cos lettuce**. Thinly slice the **cucumber** into batons. Scoop out the **avocado** flesh with a spoon, then cut into 1cm cubes.



### 3. Cook the chickpeas

**SPICY!** The *spice blend* is hot, use less if you're sensitive to heat. In a medium frying pan, heat the **butter** and a **drizzle of olive oil** over a medium-high heat. Add the **garlic**, **Mexican Fiesta spice blend** (see ingredients list) and **tomato paste** (see ingredients list) and cook until fragrant, **1 minute**. Add the **chickpeas** and **water (for the sauce)** and bring to a simmer. Simmer until thickened, **3 minutes**.



### 4. Mash the chickpeas

Using a potato masher or fork, lightly mash the **chickpeas** until some of them have broken up and the sauce has thickened. Season to taste.

**TIP:** Add a splash more water if the chickpea mixture looks too thick.



### 5. Heat the tortillas

Heat the **mini flour tortillas** in a sandwich press or on a plate in the microwave for **10 second bursts**, until warmed through.



### 6. Serve up

Drain the pickled onion. Build your tacos by spreading the **yoghurt** over a tortilla and filling it with a helping of cos lettuce, smashed chickpeas, **shredded Cheddar cheese**, avocado, cucumber and pickled onion.

**Enjoy!**