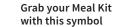


Chermoula Chickpea Tacos

with Pickled Onion & Garlic Aioli

CLIMATE SUPERSTAR













Tomato







Chickpeas

Slivered Almonds





Chermoula Spice

Tomato Paste







Mini Flour Tortillas

Garlic Aioli





Baby Spinach Leaves

Parsley



Recipe Update Unfortunately, this week's mint was in short supply, so we've replaced it with

parsley. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 25-35 mins Ready in: 25-35 mins Eat Me Early*

*Custom Recipe only

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Butter

Before you start

Wash your hands and any fresh food

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

3		
	2 People	4 People
olive oil*	refer to method	refer to method
onion	1 (medium)	1 (large)
vinegar* (white wine or rice wine)	1⁄4 cup	½ cup
carrot	1	2
tomato	1	2
garlic	2 cloves	4 cloves
chickpeas	1 tin	2 tins
slivered almonds	1 packet	2 packets
chermoula spice blend	1 sachet	1 sachet
butter*	20g	40g
tomato paste	¾ packet	1½ packets
water*	¾ cup	1½ cups
mini flour tortillas	6	12
garlic aioli	1 medium packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
parsley	1 bag	1 bag
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3486kJ (833Cal)	654kJ (156Cal)
Protein (g)	24.2g	4.5g
Fat, total (g)	44.2g	8.3g
- saturated (g)	12g	2.3g
Carbohydrate (g)	76.3g	14.3g
- sugars (g)	13.8g	2.6g
Sodium (mg)	1483mg	278mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4245kJ (1015Cal)	613kJ (147Cal)
Protein (g)	56.7g	8.2g
Fat, total (g)	49.9g	7.2g
- saturated (g)	13.7g	2g
Carbohydrate (g)	76.3g	11g
- sugars (g)	13.8g	2g
Sodium (mg)	1581mg	228mg

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

2023 | CW22





Pickle the onion

- · Thinly slice onion.
- In a small bowl, combine the vinegar and a generous pinch of salt and sugar.
- Scrunch onion in your hands, then add to pickling liquid with just enough water to cover the onion. Stir to coat and set aside until serving.
- Grate the carrot. Finely chop tomato and garlic. Drain and rinse chickpeas.



Cook the chickpeas

- Return the frying pan to high heat with a generous drizzle of olive oil. Cook carrot until just tender, 2 minutes.
- Add chickpeas and cook, tossing occasionally, until golden, 2-3 minutes.
- Add garlic, chermoula spice blend, the butter and tomato paste (see ingredients) 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 chickpea mixture looks too thick.

Custom Recipe: Before cooking carrot, return frying pan to high heat with a drizzle of olive oil. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Continue with step.



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.

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks.



Serve up

- Heat mini flour tortillas in the microwave in 10 second bursts, until warmed through.
- Drain pickled onion. Bring everything to the table to serve.
- Build your tacos by spreading garlic aioli over tortillas. Top with some baby spinach leaves, chermoula chickpeas, tomato and pickled onion.
- Top with toasted almonds. Tear over **parsley** leaves to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate