



# Chermoula Chickpea Tacos

with Pickled Onion & Garlic Aioli

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Onion



Carrot



Tomato



Garlic



Chickpeas



Slivered Almonds



Chermoula Spice Blend



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!



Chicken Breast

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

|  | 2 People        | 4 People        |
|--|-----------------|-----------------|
| <b>olive oil*</b>                            | refer to method | refer to method |
| onion  | 1 (medium)      | 1 (large)       |
| <b>vinegar*</b><br>(white wine or rice wine) | ¼ 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        |
| <b>butter*</b>                               | 20g             | 40g             |
| tomato paste                                 | ¾ packet        | 1½ packets      |
| <b>water*</b>                                | 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](https://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?

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