

American-Style Smashed Chickpea Tacos

with Herby Slaw & Jalapeño-Corn Salsa

Grab your Meal Kit with this symbol



Corn



Cucumber



Pickled Jalapeños (Optional)



Garlic



Chickpeas



All-American Spice Blend



Tomato Paste



Herbs



Slaw Mix



Plant-Based Mayonnaise



Mini Flour Tortillas

Recipe Update

The recent flooding on the East Coast of Australia has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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

Spicy (optional pickled jalapeños)

Plant Based

With their mild nutty flavour, hearty chickpeas stand up well to the cumin, mustard and paprika in our All-American spice blend for a fun taco filling. While the chickpea mixture is cooking, whip up the simple slaw - complete with plant-based mayo for some creaminess.

Pantry items

Olive Oil, Plant-Based Butter, White 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
corn	1 cob	2 cobs
cucumber	1	2
pickled jalapeños (optional)	1 medium packet	1 large packet
cucumber	1	2
garlic	1 clove	2 cloves
chickpeas	1 tin	2 tins
All-American spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
water*	½ cup	1 cup
plant-based butter*	25g	50g
herbs	1 bag	1 bag
slaw mix	1 small bag	1 large bag
plant-based mayonnaise	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
mini flour tortillas	6	12

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3162kJ (755Cal)	622kJ (148Cal)
Protein (g)	21g	4.1g
Fat, total (g)	36g	7.1g
- saturated (g)	5.6g	1.1g
Carbohydrate (g)	76.5g	15.1g
- sugars (g)	15.6g	3.1g
Sodium (mg)	1441mg	284mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Make the salsa

- Slice kernels off **corn** cob. Heat a large frying pan over high heat. Cook **corn** kernels until lightly browned, **4-5 minutes**. Transfer to a medium bowl.
- Meanwhile, roughly chop **cucumber** and **pickled jalapeños** (if using). Transfer to the bowl with the charred **corn**. Drizzle with **olive oil** and season with **salt** and **pepper** to taste. Set aside.

TIP: Cover the pan with a lid if the corn kernels are “popping” out.

TIP: Some like it hot, but if you don't, hold back on the jalapeños!

3



Prep the slaw & tortillas

- While chickpeas are cooking, finely chop **herbs**.
- In a second medium bowl, combine **herbs**, **slaw mix**, **plant-based mayonnaise** and a drizzle of **olive oil** and **white wine vinegar**. Season to taste.
- Microwave **mini flour tortillas** on a plate for **10 second** bursts, or until warmed through.

2



Cook the chickpeas

- Finely chop **garlic**. Drain and rinse **chickpeas**.
- Return pan to medium-high heat with a drizzle of **olive oil**. Cook **garlic**, **All-American spice blend** and **tomato paste**, stirring, until fragrant, **1 minute**. Add **chickpeas** and the **water** and cook until slightly thickened, **3-4 minutes**. Stir in the **plant-based butter** until melted and combined.
- Remove pan from heat. Lightly mash **chickpeas** with a potato masher or fork. Season to taste.

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

4



Serve up

- Fill each tortilla with a helping of herby slaw and American-style smashed chickpeas.
- Top with jalapeño-corn salsa to serve.

Enjoy!

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