

American-Style Smashed Chickpea Tacos

with Slaw & Jalapeño-Corn Salsa

EXPLORER

Grab your Meal Kit with this symbol



Corn



Cucumber



Garlic



Chickpeas



All-American Spice Blend



Tomato Paste



Mini Flour Tortillas



Pickled Jalapeños (Optional)



Slaw Mix



Plant-Based Aioli

Prep in: 20-30 mins
Ready in: 25-35 mins

Plant Based

Calorie Smart

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 aioli 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	2
cucumber	1	2
pickled jalapeños (optional)	1 medium packet	1 large packet
garlic	1 clove	2 cloves
chickpeas	1 tin	2 tins
All-American spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	1 packet
water*	½ cup	1 cup
plant-based butter*	25g	50g
slaw mix	1 small bag	1 large bag
plant-based aioli	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)	2661kJ (636Cal)	529kJ (126Cal)
Protein (g)	20.8g	4.1g
Fat, total (g)	35.3g	7g
- saturated (g)	5.6g	1.1g
Carbohydrate (g)	82.3g	16.4g
- sugars (g)	16.7g	3.3g
Sodium (mg)	1390mg	276mg

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 bowl with the **charred corn**. Drizzle with **olive oil** and season with **salt** and **pepper** to taste.

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

3



Prep the slaw & tortillas

- While chickpeas are cooking, in a second medium bowl combine **slaw mix**, 1/2 the **plant-based aioli** 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 (add a splash of water if the mixture looks too thick). Season to taste.

4



Serve up

- Spread each tortilla with the remaining plant-based aioli. Top with slaw and American-style smashed chickpeas.
- Top with jalapeño-corn salsa to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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