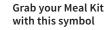


Quick All-American Smashed Chickpea Tacos with Naked Slaw & Jalapeño-Corn Salsa

CLIMATE SUPERSTAR









Cucumber







All-American



Tomato Paste

Spice Blend



Mini Flour Tortillas



(Optional)



Plant-Based



Aioli





Slaw Mix



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



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 extra 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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
sweetcorn	1 medium tin	1 large tin	
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	
white wine vinegar*	drizzle	drizzle	
mini flour tortillas	6	12	
plant-based aioli	1 packet (50g)	2 packets (100g)	
beef mince**	1 small packet	1 medium packet	
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^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2658kJ (635Cal)	510kJ (122Cal)
Protein (g)	20.1g	3.9g
Fat, total (g)	35.6g	6.8g
- saturated (g)	5.7g	1.1g
Carbohydrate (g)	81.2g	15.6g
- sugars (g)	16.6g	3.2g
Sodium (mg)	1531mg	294mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3603kJ (861Cal)	558kJ (133Cal)
Protein (g)	47.7g	7.4g
Fat, total (g)	48.4g	7.5g
- saturated (g)	11.3g	1.7g
Carbohydrate (g)	81.2g	12.6g
- sugars (g)	16.6g	2.6g
Sodium (mg)	1607mg	249mg

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.

We're here to help!

Scan here if you have any questions or concerns





Make the salsa

- Drain sweetcorn. 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.



Prep the slaw & tortillas

- While chickpeas are cooking, in a second medium bowl, combine slaw mix, 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.



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.

Custom Recipe: If you've added beef mince, before adding garlic, cook beef mince, breaking up with a spoon, until browned, 3-4 minutes. Drain oil from pan. Add garlic and continue with step as above.



Serve up

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