



Quick All-American Smashed Chickpea Tacos

with Naked Slaw & Jalapeño-Corn Salsa

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweetcorn



Cucumber



Garlic



Chickpeas



All-American Spice Blend



Tomato Paste



Mini Flour Tortillas



Pickled Jalapeños (Optional)



Plant-Based Aioli



Slaw Mix



Beef Mince

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



Calorie Smart

*Custom recipe is not 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 extra creaminess.

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

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
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

*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



1



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.

3



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.

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.

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.

4



Serve up

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

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