



CRISPY MEXICAN CAULIFLOWER & CHICKPEA TACOS

with Lemon-Chipotle Mayo



Use cauliflower and chickpeas in tacos



Cauliflower



Lemon



Garlic



Coriander



Shredded Red Cabbage



Panko Breadcrumbs



Tex-Mex Spice Blend



Chickpeas



Garlic Aioli



Chipotle Spice Blend (Optional)



Mini Flour Tortillas

Hands-on: **20** mins
Ready in: **30** mins
Spicy (optional chipotle spice blend)

Cauliflower and chickpeas provide a super satisfying filling for these tacos that are as tasty as they are colourful. We've given them a super crispy, crunchy exterior that you're going to love. Simply dollop with lemon chipotle mayonnaise and get to munching. Arriba, arriba! ¡Andale!

Pantry Staples: Olive Oil, Egg, Salt

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, three medium bowls, fork, oven tray lined with baking paper, slotted spoon, sieve, paper towel** or **tea towel, small bowl, spoon** and a **sandwich press** or **microwave**.



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Chop the **cauliflower** into small 1 cm pieces. **TIP:** *Keeping the cauliflower pieces small ensures they are cooked quickly and in the allocated time.* Peel and crush the **garlic**. Transfer the cauliflower and garlic to a medium bowl and **drizzle** with **olive oil**. Season with the **salt** and a **pinch** of **pepper** and toss to coat. Slice the **lemon** into wedges. Pick the **coriander** leaves.



2 PREPARE THE CRUMB

In a medium bowl, combine the **panko breadcrumbs, Tex-Mex spice blend** and a **pinch** of **pepper**. In a second medium bowl, crack the **egg** and whisk with a fork.



3 CRUMB THE CAULIFLOWER

Place the **cauliflower** pieces into the whisked egg and then coat into the **panko** mixture. **TIP:** *Keep one hand for handling the cauliflower in the egg, and the other for the panko to prevent the crumb from sticking to your fingers!* Place the crumbed cauliflower on the oven tray lined with baking paper.



4 BAKE THE CAULIFLOWER

Drain and rinse the **chickpeas** and pat them dry with paper towel (or a tea towel). **TIP:** *Patting the chickpeas dry will help them crisp up in the oven.* Place the chickpeas on the tray with the cauliflower. **Drizzle** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Toss to coat and place the tray in the oven to cook for **15 minutes**, or until the cauliflower is golden.



5 PREP THE CHIPOTLE MAYO

In a small bowl, mix the **garlic aioli, lemon juice (2 tsp for 2 people / 1 tbs for 4 people), water (check ingredients list for the amount)** and **chipotle spice blend (optional- use suggested amount)**. **TIP:** *Add the chipotle spice blend gradually, adding more if you like the heat!* Set aside.

Heat the **mini flour tortillas** in a sandwich press or on a plate in the microwave for **10 seconds**, or until warmed through.



6 SERVE UP

Divide the tortillas between plates and top with the **shredded red cabbage, chickpeas, crumbed cauliflower** and a dollop of **lemon-chipotle mayo**. Sprinkle with **coriander** and serve the remaining **lemon wedges** on the side. **TIP:** *Fold the base of the taco and roll the sides over so contents stay inside.*

ENJOY!

2 | 4 PEOPLE INGREDIENTS

| | 2P | 4P |
|---------------------------------|------------------|--------------------|
| olive oil* | refer to method | refer to method |
| cauliflower | 1 portion | 2 portions |
| garlic | 1 clove | 2 cloves |
| lemon | 1 | 2 |
| coriander | 1 bunch | 1 bunch |
| panko breadcrumbs | 1 packet (1 cup) | 2 packets (2 cups) |
| Tex-Mex spice blend | 1 sachet (1 tbs) | 2 sachets (2 tbs) |
| salt* | ¼ tsp | ½ tsp |
| egg* | 1 | 2 |
| chickpeas | 1 tin (400 g) | 2 tins (800 g) |
| garlic aioli | 1 tub (50 g) | 1 tub (100 g) |
| water* | 2 tsp | 1 tbs |
| chipotle spice blend (optional) | ¼ sachet (½ tsp) | ½ sachet (1 tsp) |
| mini flour tortillas | 6 | 12 |
| shredded red cabbage | 1 bag | 1 bag |

*Pantry Items

| NUTRITION | PER SERVING | PER 100G |
|------------------|-----------------|----------------|
| Energy (kJ) | 3530kJ (844Cal) | 515kJ (123Cal) |
| Protein (g) | 29.5g | 4.3g |
| Fat, total (g) | 36.7g | 5.4g |
| - saturated (g) | 4.6g | 0.7g |
| Carbohydrate (g) | 87.2g | 12.7g |
| - sugars (g) | 9.7g | 1.4g |
| Sodium (g) | 1030mg | 150mg |

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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2018 | WK9

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