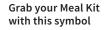
Chermoula Chickpea Tacos with Salad, Mint Yoghurt & Almonds











Brown Onion





Chickpeas



Greek-Style Yoghurt



Chermoula Spice Blend



Tomato Paste



Coconut Milk



Vegetable Stock







Chilli Flakes (Optional)

Cucumber

Mixed Salad Leaves



Mini Flour Tortillas



Flaked Almonds

Olive Oil, 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

You will need

Large frying pan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
brown onion	1	2	
garlic	2 cloves	4 cloves	
mint	1 bag	1 bag	
chickpeas	1 tin	2 tins	
Greek-style yoghurt	1 medium packet	1 large packet	
chermoula spice blend	1 sachet	2 sachets	
tomato paste	1 packet	2 packets	
coconut milk	1 medium tin	1 large tin	
vegetable stock powder	1 medium sachet	1 large sachet	
chilli flakes (optional)	pinch	pinch	
butter*	20g	40g	
cucumber	1	2	
white wine vinegar*	drizzle	drizzle	
mixed salad leaves	1 medium bag	1 large bag	
mini flour tortillas	6	12	
flaked almonds	1 medium packet	1 large packet	
*Pantry Items			

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3745kJ (895Cal)	570kJ (136Cal)
Protein (g)	28.9g	4.4g
Fat, total (g)	41.2g	6.3g
- saturated (g)	21.2g	3.2g
Carbohydrate (g)	89.4g	13.6g
- sugars (g)	15.6g	2.4g
Sodium (mg)	1649mg	251mg

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.



Get prepped

- Finely chop brown onion and garlic. Pick and thinly slice mint leaves.
- Drain and rinse chickpeas.
- In a small bowl, combine Greek-style yoghurt, mint and a drizzle of olive oil. Season with salt and pepper to taste.



Prep the salad & tortillas

- While the filling is cooking, thinly slice **cucumber** into half-moons.
- In a medium bowl, combine a drizzle of white wine vinegar and olive oil.
 Season, then add mixed salad leaves and cucumber. Toss to coat.
- Just before serving, microwave the mini flour tortillas on a plate in 10 second bursts, until warmed through.



Cook the chickpea filling

- In a large frying pan, heat a drizzle of olive oil over a medium-high heat.
 Cook onion until softened, 3-5 minutes.
- Add garlic, chermoula spice blend, tomato paste and chickpeas and cook until fragrant, 1-2 minutes.
- Add coconut milk, vegetable stock powder and a pinch of chilli flakes (if using). Cook, stirring, until slightly thickened, 2-3 minutes.
- Remove from heat. Stir in the butter until melted, then lightly mash chickpeas. Season to taste.



Serve up

- Fill tortillas with a helping of salad and chermoula chickpeas.
- Drizzle with mint yoghurt and sprinkle with **flaked almonds** to serve.

Enjoy!

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