

# Chermoula Chickpea Tacos

with Salad, Mint Yoghurt & Almonds

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Mint



Chickpeas



Greek-Style Yoghurt



Chermoula Spice Blend



Tomato Paste



Coconut Milk



Vegetable Stock Powder



Chilli Flakes (Optional)



Cucumber






Mixed Salad Leaves



Mini Flour Tortillas



Flaked Almonds

 Hands-on: **15-25 mins**  
 Ready in: **20-30 mins**  
 Spicy (optional chilli flakes)

Bursting with paprika, cumin and turmeric, our chermoula spice blend works wonderfully with creamy coconut milk and tomato paste to create a saucy base for the chickpeas. The salad and almonds add extra texture, and the refreshing mint yoghurt really makes the dish sing.

### Pantry items

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 veggies a wash.

## You will need

Large frying pan

## Ingredients

	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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

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## 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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