



Mexican Smashed Chickpea Tacos

with Avocado & Cheddar

Grab your Meal Kit with this symbol



Red Onion



Chickpeas



Garlic



Cos Lettuce



Cucumber



Avocado



Mexican Fiesta Spice Blend



Tomato Paste



Mini Flour Tortillas



Shredded Cheddar Cheese



Greek Yoghurt

Hands-on: **20-30 mins**
Ready in: **25-35 mins**

Spicy (Mexican Fiesta spice blend)

Change up your taco order with this legume-packed version that uses satisfying chickpeas to create a filling and flavourful meal. With zesty pickled onion and creamy avocado, this meal has a bit of everything for a Mexican feast!

Pantry items

Olive Oil, Rice Wine Vinegar, Sugar, Butter

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
red onion	½	1
rice wine vinegar*	¼ cup	½ cup
water* (for the onion)	¼ cup	½ cup
salt*	1 tsp	2 tsp
sugar*	1 tsp	2 tsp
chickpeas	1 tin	2 tins
garlic	2 cloves	4 cloves
cos lettuce	½ head	1 head
cucumber	1	2
avocado	1	2
butter*	20g	40g
Mexican Fiesta spice blend	½ sachet	1 sachet
tomato paste	1 sachet	2 sachets
water* (for the chickpeas)	¾ cup	1½ cups
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
Greek yoghurt	1 packet (100g)	1 packet (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3833kJ (916Cal)	567kJ (135Cal)
Protein (g)	27.9g	4.1g
Fat, total (g)	50.9g	7.5g
- saturated (g)	16.5g	2.4g
Carbohydrate (g)	77.8g	11.5g
- sugars (g)	17.8g	2.6g
Sodium (mg)	2359mg	349mg

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.



1. Pickle the onion

Thinly slice the **red onion** (see ingredients list). In a small bowl, combine the **rice wine vinegar**, **water**, the **salt** and **sugar**. Scrunch the **onion** in your hands, then add to the pickling liquid. Stir to coat. Set aside until just before serving.



2. Get prepped

Drain and rinse the **chickpeas**. Finely chop the **garlic**. Shred the **cos lettuce** (see ingredients list). Cut the **cucumber** into thin batons. Dice the **avocado**.



3. Cook the chickpeas

SPICY! The spice blend is hot, use less if you're sensitive to heat. In a large frying pan, heat the **butter** and a **drizzle** of **olive oil** over a medium-high heat. Add the **garlic**, **Mexican Fiesta spice blend** (see ingredients list) and **tomato paste** and cook until fragrant, **1 minute**. Add the **chickpeas** and the **water** and bring to a simmer. Simmer until thickened, **3 minutes**.



4. Mash the chickpeas

Using a potato masher or fork, lightly mash the **chickpeas** until some of them have broken up and the sauce has thickened. Season to taste with **salt** and **pepper**.



5. Heat the tortillas

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



6. Serve up

Drain the pickled onions. Build your tacos by filling them with a helping of cos lettuce, smashed chickpeas, **shredded Cheddar cheese**, a dollop of **Greek yoghurt**, avocado, cucumber and pickled onions.

Enjoy!