

ROASTED CHICKPEA & VEGGIE TACOS

with Chilli Coriander Mayo





Make a chilli coriander mayo



Peeled Pumpkin





Mexican Fiesta Spice



Sweetcorn



Coriander



Long Red Chilli (Optional)



Mayonnaise





Mini Flour Tortillas

Pantry Staples: Olive Oil



These tacos hit all the right marks – they are full with roasted sweet pumpkin, crispy spiced chickpeas, crispy fresh veg and delicious creamy mayo. Not to mention they are high in fibre and protein. It's a winner, winner veggie dinner!

BEFORE YOU -**START**

Our fruit and veggies need a little wash before you use them!! You will need: chef's knife, chopping board, two oven trays lined with baking paper, colander, tea towel, paper towel, two medium bowls, medium frying pan, wooden spoon, small bowl and sandwich press or microwave.



ROAST THE PUMPKIN Preheat the oven to 240°C/220°C fanforced. Chop the peeled pumpkin into 1 cm cubes. * TIP: Cut the pumpkin to the correct small size so it cooks in the allocated time! Place the pumpkin on the oven tray lined with baking paper. Drizzle with olive oil and

season with salt and pepper. Toss to coat.

Roast for 20-25 minutes, or until tender.



ROAST THE CHICKPEAS While the pumpkin is roasting, drain and rinse the **chickpeas**. Pat the chickpeas dry using a tea towel or paper towel. Place the chickpeas and Mexican Fiesta spice blend in a medium bowl. Season with salt and pepper and drizzle with olive oil. Toss to coat. Transfer to the second oven tray lined with baking paper and roast for 10-12 minutes, or until browned and crisp.

Once cooked, combine the pumpkin and chickpeas in a medium bowl.



TCHAR THE CORN While the pumpkin and chickpeas are cooking, drain the tinned sweetcorn. Heat a medium frying pan over a high heat. Add the corn kernels and cook for 3-5 minutes, tossing occasionally, or until lightly charred.

NUTRITION PER SERVING **PER 100G** 2970kJ (710Cal) 454kJ (108Cal) Energy (kJ) 23.1g 3.5g Protein (g)

INGREDIENTS

refer to

method

1 packet

1 tin

1 tin

1

6

(125 g)

1 bunch

1 tub

(40 g)

1 head

(400 g)

1 sachet

olive oil*

chickpeas

sweetcorn

coriander

mayonnaise

cos lettuce

*Pantry Items

mini flour tortillas

blend

peeled pumpkin

Mexican fiesta spice

long red chilli (optional)

refer to

method

1 packet

2 sachets

2 tins

2 tins

(250 g)

1 bunch

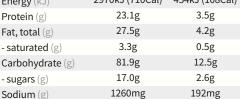
2 tubs

(80 g)

12

2 heads

2



For allergens and ingredient information, visit HelloFresh.com.au/foodinfo



MAKE THE CORIANDER MAYO Finely chop the **coriander** (reserve a few leaves for garnish!). Deseed and finely chop the long red chilli (if using).

*TIP: Some like it hot but if not just hold back on the chilli. Combine the coriander, long red chilli and mayonnaise in a medium bowl. Season to taste with salt and pepper and loosen with water (2 tsp for 2 people / 1 tbs for 4 people).



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



SERVE UP Bring everything to the table to serve. Top each tortilla with the cos lettuce, roasted pumpkin, chickpeas and corn and drizzle with the mayo. Sprinkle with the reserved coriander leaves to garnish.

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2018 | WK21

Roughly chop the cos lettuce.

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