



ROASTED CHICKPEA & VEGGIE TACOS

with Chilli Coriander Mayo



Make a chilli coriander mayo



Peeled Pumpkin



Chickpeas



Mexican Fiesta Spice Blend



Sweetcorn



Coriander



Long Red Chilli (Optional)



Mayonnaise



Cos Lettuce



Mini Flour Tortillas



Hands-on: **25** mins

Ready in: **30** mins



Spicy (optional long red chilli)

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!

Pantry Staples: Olive Oil

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**.



1 ROAST THE PUMPKIN

Preheat the oven to **240°C/220°C fan-forced**. 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.



2 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.



3 CHAR 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.



4 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**).

Roughly chop the **cos lettuce**.



5 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.



6 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.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
peeled pumpkin	1 packet	1 packet
chickpeas	1 tin (400 g)	2 tins (800 g)
Mexican fiesta spice blend	1 sachet (1 tbs)	2 sachets (2 tbs)
sweetcorn	1 tin (125 g)	2 tins (250 g)
coriander	1 bunch	1 bunch
long red chilli (optional)	1	2
mayonnaise	1 tub (40 g)	2 tubs (80 g)
cos lettuce	1 head	2 heads
mini flour tortillas	6	12

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2970kJ (710Cal)	454kJ (108Cal)
Protein (g)	23.1g	3.5g
Fat, total (g)	27.5g	4.2g
- saturated (g)	3.3g	0.5g
Carbohydrate (g)	81.9g	12.5g
- sugars (g)	17.0g	2.6g
Sodium (g)	1260mg	192mg

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

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

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