

# Smashed Tex-Mex Chickpea Tacos

with Corn, Cheddar & Pickled Onion

Grab your Meal Kit with this symbol



Red Onion



Chickpeas



Corn



Garlic



Cucumber



Tex-Mex Spice Blend



Tomato Paste



Mini Flour Tortillas



Mixed Salad Leaves



Smoky Aioli



Shredded Cheddar Cheese

Prep in: **20-30** mins  
Ready in: **25-35** mins

Change up your taco order with this legume-packed version, which makes the most of hearty chickpeas for a filling, flavourful meal. Complete with pickled onion for zing, smoky aioli for creaminess, and cucumber for crunch, you can't go wrong here.

### Pantry items

Olive Oil, Rice Wine Vinegar, 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
<b>olive oil*</b>	refer to method	refer to method
red onion	½	1
<b>rice wine vinegar*</b>	¼ cup	½ cup
chickpeas	1 tin	2 tins
corn	1 cob	2 cobs
garlic	2 cloves	4 cloves
cucumber	1	2
<b>butter*</b>	20g	40g
Tex-Mex spice blend	½ medium sachet	1 medium sachet
tomato paste	1 packet	2 packets
<b>water*</b>	¾ cup	1½ cups
mini flour tortillas	6	12
smokey aioli	1 large packet	2 large packets
mixed salad leaves	1 medium bag	1 large bag
shredded Cheddar cheese	1 medium packet	1 large packet

### \*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3344kJ (799Cal)	597kJ (143Cal)
Protein (g)	27.2g	4.9g
Fat, total (g)	55.4g	9.9g
- saturated (g)	16.4g	2.9g
Carbohydrate (g)	83.7g	14.9g
- sugars (g)	18.2g	3.2g
Sodium (mg)	1450mg	259mg

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.

1



## Get prepped

- Thinly slice **red onion** (see ingredients).
- In a small bowl, combine the **rice wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch the sliced **onion** in your hands, then add to **pickling liquid**. Add enough **water** to just cover onion, then set aside.
- Drain and rinse **chickpeas**. Slice kernels off **corn** cob. Finely chop **garlic**. Roughly chop **cucumber**.

3



## Heat the tortillas

- Microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.

2



## Cook the chickpeas

- In a large frying pan, heat the **butter** and a drizzle of **olive oil** over medium-high heat. Cook **corn**, stirring, until browned, **3-4 minutes**.
- Add **garlic**, **Tex-Mex spice blend** (see ingredients) and **tomato paste**. Cook until fragrant, **1 minute**. Add **chickpeas** and the **water**. Stir to combine and simmer until slightly thickened, **3 minutes**.
- Lightly mash **chickpeas** until slightly broken up and sauce is thickened. Season with **salt** and **pepper** to taste.

**TIP:** The spice blend is mild, but use less if you're sensitive to heat!

**TIP:** Add a splash more water to loosen up the sauce, if needed.

4



## Serve up

- Drain pickled onion.
- Spread each tortilla with some **smokey aioli**, then fill with a helping of **mixed salad leaves**, smashed Tex-Mex chickpeas and cucumber. Top with **shredded Cheddar Cheese** and some pickled onion.
- Serve with any remaining smoky aioli. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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