



CHICKPEA TINGA TACOS

with Green Pepper, Monterey Jack Cheese & Lime Crema

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Shallot



1 | 2
Chickpeas



1 | 2
Long Green
Pepper



1 | 2
Lime



1 | 2
Tomato



5 tsp | 10 tsp
White Wine Vinegar



2 TBSP | 4 TBSP
Southwest Spice
Blend



1 | 2
Tomato Paste



1 | 2
Veggie Stock
Concentrate



6 | 12
Flour Tortillas
Contains: Soy, Wheat



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



½ Cup | 1 Cup
Monterey Jack
Cheese
Contains: Milk



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HelloCustom

2 PERSON | 4 PERSON

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10 oz | 20 oz
Ground Beef**

Calories: 1280



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 900



HELLO

CHICKPEA TINGA

A meatless version of a traditional taco filling cooked with rich tomato paste and warm spices

CHICK-A-POW

Be careful with the chickpeas as they cook in step 3—it's natural for them to pop a bit. Make sure to dry them thoroughly before adding to the pan, and use a splatter screen if you have one.

BUST OUT

- Strainer
- Large pan
- 2 Medium bowls
- Small bowl
- Paper towels
- Kosher salt
- Black pepper
- Sugar (1 tsp | 2 tsp)
- Olive oil (4 tsp | 4 tsp)
- Cooking oil (1 tsp | 1 tsp)

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1 PREP

- Wash and dry produce.
- Halve, peel, and very thinly slice **shallot**. Drain and rinse **chickpeas**. Core, deseed, and finely chop **green pepper**. Quarter **lime**. Dice **tomato**.



2 PICKLE SHALLOT

- In a medium bowl, combine **vinegar**, **half the shallot**, **1 tsp sugar** (2 tsp for 4 servings), a **pinch of salt**, and **1 TBSP water** until sugar and salt are mostly dissolved.
- Set aside to pickle, stirring occasionally, until ready to serve.

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **beef***; season with **salt** and **pepper**. Cook, breaking up meat into pieces, until cooked through, 4-6 minutes. Turn off heat; transfer to a separate medium bowl. Wipe out pan.



3 COOK CHICKPEAS

- Pat **chickpeas** dry with paper towels; season with **half the Southwest Spice Blend** (you'll use the rest in the next step), **salt**, and **pepper**.
- Heat a **large drizzle of olive oil** in a large pan over medium-high heat. Add chickpeas and cook, stirring occasionally, until lightly browned and crisped, 4-5 minutes.
- Transfer to a second medium bowl.
- Use pan used for beef here. Once **chickpeas** are done, transfer to bowl with **beef**.



4 MAKE FILLING

- Heat a **large drizzle of olive oil** in same pan over medium-high heat. Add **green pepper** and **remaining shallot**; season with **salt** and **pepper**. Cook, stirring, until softened, 3-4 minutes.
- Return **chickpeas** to pan and stir in **tomato paste**, **stock concentrate**, **remaining Southwest Spice Blend**, and **¼ cup water** (½ cup for 4 servings). Cook, stirring, until chickpeas are coated in a thick sauce, 2-3 minutes more.

- Once **green pepper** is softened, return **chickpeas** and **beef** to pan. Cook through the rest of this step as instructed.



5 WARM & MIX

- While filling cooks, wrap **tortillas** in damp paper towels and microwave until warm and pliable, 30 seconds.
- In a small bowl, combine **sour cream** and a **squeeze of lime juice**. Season with **salt** and **pepper**. Stir in **water** 1 tsp at a time until mixture reaches a drizzling consistency.



6 SERVE

- Divide **tortillas** between plates. Fill with **chickpea filling**, **tomato**, **Monterey Jack**, **crema**, and as much **pickled shallot** (draining first) as you like. Serve with **remaining lime wedges** on the side.

*Ground Beef is fully cooked when internal temperature reaches 160°.