

INGREDIENTS

2 PERSON | 4 PERSON



1 2 Shallot



Chickpeas





2 TBSP | 4 TBSP Southwest Spice Blend



6 | 12 Flour Tortillas Contains: Soy, Wheat







Tomato Paste



3 TBSP | 6 TBSP Sour Cream Contains: Milk



1/2 Cup | 1 Cup Monterey Jack Cheese

Long Green Pepper

5 tsp | 10 tsp White Wine Vinegar

Veggie Stock

Concentrate

Contains: Milk



ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER

**In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package rest assured it contains the correct amount.



HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.

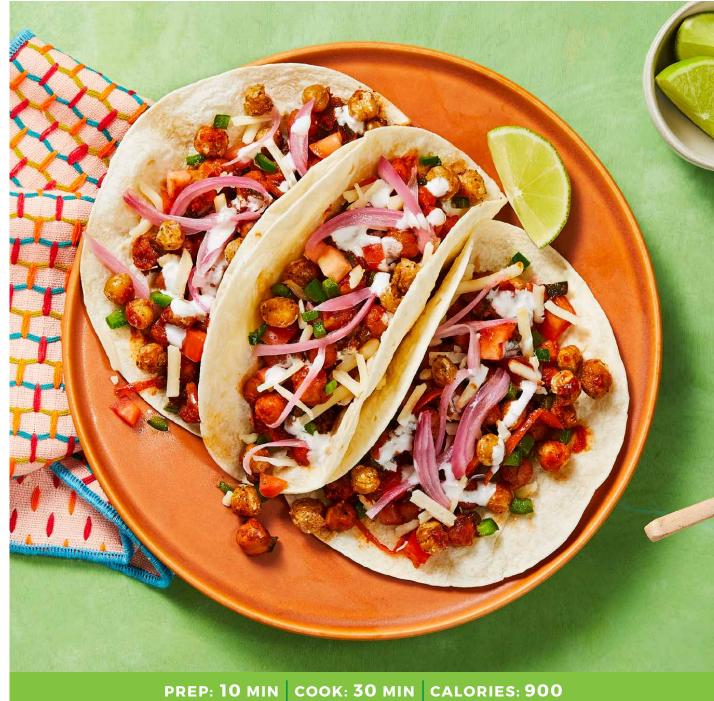


10 oz | 20 oz Ground Beef**



CHICKPEA TINGA TACOS

with Green Pepper, Monterey Jack Cheese & Lime Crema





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.
- Susses 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 1/2 cup for 4 servings). Cook, stirring, until chickpeas are coated in a thick sauce. 2-3 minutes more.





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.