



# CHICKPEA TINGA TACOS

with Monterey Jack Cheese, Poblano Pepper, and Lime Crema



## HELLO CHICKPEA TINGA

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

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 940



Chickpeas



Poblano Pepper



Lime



Southwest Spice Blend



Veggie Stock Concentrate



Flour Tortillas  
(Contains: Wheat)



Shallot



Roma Tomato



White Wine Vinegar



Tomato Paste



Sour Cream  
(Contains: Milk)



Monterey Jack Cheese  
(Contains: Milk)



## START STRONG


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

## INGREDIENTS

Ingredient 2-person | 4-person

- |  |                   |
|--|-------------------|
| • Chickpeas  | 13.4 oz   26.8 oz |
| • Shallot  | 1   2             |
| • Poblano Pepper  | 1   2             |
| • Roma Tomato  | 1   2             |
| • Lime   | 1   2             |
| • White Wine Vinegar   | 5 tsp   10 tsp    |
| • Southwest Spice Blend  | 2 TBSP   4 TBSP   |
| • Tomato Paste   | 1.5 oz   3 oz     |
| • Veggie Stock Concentrate   | 1   2             |
| • Flour Tortillas  | 6   12            |
| • Sour Cream   | 4 TBSP   8 TBSP   |
| • Monterey Jack Cheese   | ½ Cup   1 Cup     |

## WINE CLUB

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## 1 PREP

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



## 4 MAKE FILLING

Heat another large drizzle of **olive oil** in same pan over medium-high heat. Add remaining **shallot** and **poblano**. Season with **salt** and **pepper**. Cook, stirring, until softened, 3-4 minutes. Return **chickpeas** to pan and stir in remaining **Southwest Spice**, **tomato paste**, **stock concentrate**, and  $\frac{1}{4}$  **cup water** ( $\frac{1}{2}$  cup for 4 servings). Cook, stirring, until chickpeas are coated in a thick sauce, 2-3 minutes.

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## 2 PICKLE SHALLOT

In a medium bowl, combine half the **shallot**, **vinegar**, **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.



## 5 WARM TORTILLAS AND MAKE CREMA

Wrap **tortillas** in damp paper towels and microwave until warm and pliable, about 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.



## 3 COOK CHICKPEAS

Pat **chickpeas** dry with paper towels; season with **salt**, **pepper**, and half the **Southwest Spice**. 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; set aside.



## 6 SERVE

Divide **filling** between **tortillas**. Top with **tomato**, **Monterey Jack**, **crema**, and as much **pickled shallot** as you like. Serve with remaining **lime wedges** on the side.

## CRUNCH TIME

Try making a big batch of the crispy chickpeas again for a party app.

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