



Crispy Chickpea Tacos

with Guacamole and Roasted Vegetables

Trust us, you haven't tasted chickpeas until you've tried them roasted. Pop them in the oven and this nutty and buttery flavored legume will crisp right up. The protein-packed bite contrasts our creamy guacamole and slightly charred veggies for a taco grand slam.



Prep: 10 min
Total: 30 min



level 1



nut free



veggie



Flour Tortillas



Chickpeas



Scallions



Avocado



Lime



Red Bell Pepper



Southwest Seasoning



Red Onion



Sour Cream

Ingredients

	2 People	4 People	
Flour Tortillas	1)	6	12
Chickpeas		1 Box	2 Boxes
Scallions		2	4
Avocado		1	2
Lime		1	2
Red Bell Pepper		1	2
Southwest Seasoning		1 T	2 T
Red Onion		1	2
Sour Cream	2)	2 T	4 T
Oil*		2 t	4 t

*Not Included

Allergens

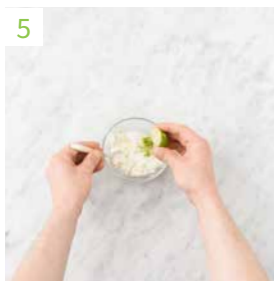
1) Wheat

2) Milk

Tools

2 Medium bowls, Strainer, Baking sheet, Zester, Small bowl, Foil, Paper towel

Nutrition per person Calories: 781 cal | Fat: 31 g | Sat. Fat: 7 g | Protein: 25 g | Carbs: 92 g | Sugar: 8 g | Sodium: 627 mg | Fiber: 21 g



1 Prep: Wash and dry all produce. Preheat the oven to 425 degrees. Core, seed, and thinly slice the **bell pepper**. Halve, peel, and quarter the **onion**. Finely dice one quarter and place in a medium bowl. Slice the remainder into ½-inch wedges. Thinly slice the **scallions**, keeping the **greens** and **whites** separate. Drain and rinse the **chickpeas**.

2 Roast the chickpeas: In a medium bowl, toss the **chickpeas** with a drizzle of **oil**, the **Southwest seasoning**, and a pinch of **salt** and **pepper**. Spread out on one half of a baking sheet and place in the oven for about 20 minutes, until crispy. Wipe out the bowl.

3 Roast the vegetables: In the same bowl, toss the **bell pepper** and **onion wedges** with a drizzle of **oil** and a pinch of **salt** and **pepper**. Place onto the baking sheet next to the **chickpeas**. Roast 15 minutes, until slightly charred.

4 Make the guacamole: Zest and halve the **lime**. Cut one half into wedges. Halve, pit, and scoop the **avocado** into the bowl with the **diced onion**. Add the **scallion whites**, **half the scallion greens**, and a squeeze of **lime**. Mash with a fork until nearly smooth. Season with **salt** and **pepper**.

5 Make the crema and warm the tortillas: In a small bowl, combine the **lime zest**, a squeeze of **lime**, and the **sour cream**. Season with **salt** and **pepper**. Wrap the **tortillas** in foil and place in the oven to warm 3-5 minutes. Alternatively, wrap them in a moistened paper towel and warm in the microwave for 30 seconds.

6 Assemble the tacos: Spread a layer of **guacamole** onto each **tortilla**. Fill with the **crispy chickpeas**, **roasted veggies**, and **lime crema**. Serve with a wedge of **lime**, garnish with the reserved **scallion greens**, and enjoy!

Share your masterpiece on social media! Tag your photos with #HelloFreshPics, and you'll be entered into our weekly photo contest!

