



CRISPY CHICKPEA TACOS

with Roasted Bell Pepper and Guacamole



HELLO
CRISPY CHICKPEAS
 Roasted in the oven to give them satisfying crunch

PREP: 15 MIN | TOTAL: 30 MIN | CALORIES: 790



Chickpeas



Bell Pepper*



Scallions



Avocado



Flour Tortillas
 (Contains: Wheat)



Southwest
 Spice Blend



Red Onion



Lime



Sour Cream
 (Contains: Milk)

* Your bell pepper may be orange, yellow, or red. No matter what the color, it will still be delicious!

START STRONG

To save time on tortillas, skip placing them in the oven and wrap them in a damp paper towel instead. Microwave until warm, about 30 seconds.

BUST OUT

- Strainer
- Aluminum foil
- Paper towel
- Small bowl
- Baking sheet
- Zester
- Medium bowl
- Olive oil (2 tsp | 4 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- Chickpeas 13.4 oz | 26.8 oz
- Southwest Spice Blend 1 TBSP | 2 TBSP
- Bell Pepper 1 | 2
- Red Onion 1 | 2
- Scallions 2 | 4
- Lime 1 | 2
- Avocado 1 | 2
- Flour Tortillas 6 | 12
- Sour Cream 4 TBSP | 8 TBSP

HELLO WINE



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1 ROAST CHICKPEAS

Wash and dry all produce. Adjust rack to upper position and preheat oven to 425 degrees. Drain and rinse **chickpeas**, then pat dry with a paper towel. Place on a baking sheet, pushing toward one side, and toss with **Southwest spice**, a drizzle of **olive oil**, and a pinch of **salt** and **pepper**. Roast in oven until crisp, 20-25 minutes total.



4 MAKE GUACAMOLE

Zest **lime** until you have ½ tsp zest, then cut into quarters. Halve and pit **avocado**, then scoop flesh into a medium bowl. Add **1 TBSP diced onion** and **juice** from one lime quarter. Season with **salt** and **pepper**. Mash with a fork until mostly smooth. Stir in **scallion whites** and half the **scallion greens**. Taste and add more salt, lime juice, or diced onion, if desired.



2 PREP VEGGIES

While chickpeas roast, core and seed **bell pepper**, then cut into ½-inch-wide strips. Halve and peel **onion**, then cut into ½-inch-thick wedges. Finely dice a wedge or two until you have 3 TBSP diced onion. Trim, then thinly slice **scallions**, keeping greens and whites separate.



5 WARM TORTILLAS AND MAKE CREMA

Wrap **tortillas** in foil and place in oven to warm, about 5 minutes. Meanwhile, stir **lime zest**, **sour cream**, and a squeeze of **lime** in a small bowl. Season with a pinch of **salt**.



3 ROAST VEGGIES

After **chickpeas** have roasted 5-10 minutes, remove baking sheet from oven and toss **bell pepper** and **onion wedges** with a drizzle of **olive oil** on empty side of same sheet. (**TIP:** Use tongs to avoid burns.) Return sheet to oven and roast until veggies are tender and lightly browned, about 15 minutes.



6 ASSEMBLE TACOS

Spread **guacamole** onto **tortillas**. Fill each with **chickpeas** and **roasted veggies**, then dollop with **crema** and garnish with remaining **scallion greens**. Serve with any remaining **lime quarters** on the side for squeezing over.

CHICKA BOOM!

Chickpeas are the ultimate protein-packed taco filling.

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