



# VEGGIE-LICIOUS TACOS

with Crispy Garbanzo Beans, Guacamole, and Roasted Bell Pepper



**HELLO**  
**CRISPY GARBANZO BEANS**  
 Roasted in the oven for a satisfying crunch



Jack's Quality Garbanzo Beans



Bell Pepper\*



Scallions



Avocado



Flour Tortillas  
(Contains: Wheat)



Southwest Spice Blend



Red Onion



Lime



Sour Cream  
(Contains: Milk)

**PREP: 15 MIN | TOTAL: 30 MIN | CALORIES: 750**

\* 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 the 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

- Jack's Quality Garbanzo Beans 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

## WINE CLUB

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## 1 ROAST GARBANZO BEANS

**Wash and dry all produce.** Adjust rack to upper position and preheat oven to 425 degrees. Drain and rinse **garbanzo beans**, 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. **TIP:** Be careful—they may pop.



## 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 garbanzo beans 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 **garbanzo beans** 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 **garbanzo beans** and **roasted veggies**, then dollop with **crema**. Garnish with remaining **scallion greens**. Serve with any remaining **lime quarters** on the side for squeezing over.

## DELICIOSO!

These tacos rock the guac and have some very cool beans.

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