



VEGGIE-LICIOUS TACOS

with Crispy Chickpeas, Guacamole, and Roasted Bell Pepper



HELLO CRISPY CHICKPEAS

Roasted in the oven for a satisfying crunch

PREP: 15 MIN | TOTAL: 30 MIN | CALORIES: 740



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

Want to ripen your avocado faster than you can say *tacos*? Place it in a paper bag, seal tightly, and leave at room temperature until ripe.

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

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



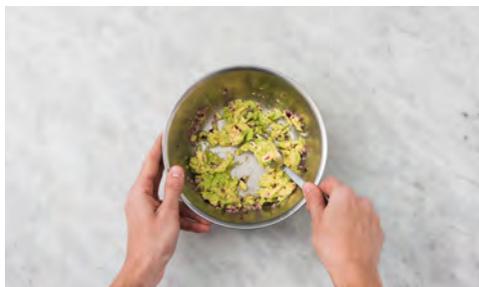
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1 ROAST CHICKPEAS

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. Toss on one side of a baking sheet 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:** The chickpeas may pop—it's natural (and still delicious).



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

Meanwhile, 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. (**TIP:** Alternatively, wrap tortillas in a damp paper towel and microwave until warm, about 30 seconds.) Meanwhile, in a small bowl, combine **lime zest, sour cream**, and a squeeze of **lime**. Season with a pinch of **salt**.



3 ROAST VEGGIES

Once **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**. Garnish with remaining **scallion greens**. Serve with any remaining **lime quarters** on the side for squeezing over.

SPICE IT UP!

Have some hot sauce on hand? We wouldn't say no to a drizzle on top.

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