



# CRISPY CHICKPEA TACOS

with Guacamole and Roasted Bell Pepper



## HELLO CRISPY CHICKPEAS

Roasted in the oven for a satisfying crunch

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



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

Make sure to dry your chickpeas REALLY well with paper towels before roasting in step 1. This ensures they get nice and crispy!

## 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

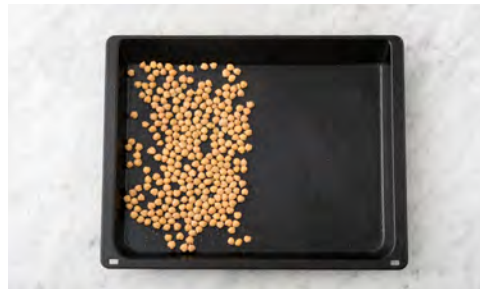
## WINE CLUB

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## 1 ROAST CHICKPEAS

Adjust rack to upper position and preheat oven to 425 degrees. **Wash and dry all produce.** 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. **TIP:** Be careful—the chickpeas 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 1 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**, separating whites from greens.



## 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**. 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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