



CRISPY CHICKPEA TACOS

with Roasted Bell Pepper and Guacamole



HELLO
CRISPY CHICKPEAS

Roasted in the oven to give them a satisfying crunch

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



Chickpeas



Red Bell Pepper



Scallions



Avocado



Flour Tortillas
(Contains: Wheat)



Southwest
Spice Blend



Red Onion



Lime



Sour Cream
(Contains: Milk)

START STRONG

Every moment counts during the hustle-bustle of the season. To save time on tortillas, skip placing them in the oven and instead wrap them in a damp paper towel. Microwave until warm, 30 seconds.

BUST OUT

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

INGREDIENTS

Ingredient 2-person | 4-person

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

HELLO WINE



PAIR WITH

Seigneur-Terraces Pays d'Oc
Merlot, 2016

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



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. Transfer to a baking sheet, pushing them 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.



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 **diced onion**, **juice** from one lime quarter, and **salt** and **pepper** (to taste). Mash with a fork until mostly smooth. Stir in **scallion whites** and half the **scallion greens**.



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 MAKE CREMA AND WARM TORTILLAS

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



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

CHICKA BOOM!

Chickpeas are the ultimate protein-packed taco filling.

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