





Chickpea Tinga Tacos

with Carrot-Pepper Slaw & Cilantro

 20-30min  2 Servings

For these hearty, spicy vegetarian tacos, we use chickpeas in lieu of the more common chicken. We braise the beans with onions, vine-ripened tomatoes, and Marley Spoon's own Mexican chili mix, and then wrap them up in lightly charred flour tortillas. A shaved carrot and yellow bell pepper salad with a zippy lime vinaigrette completes the meal.

What we send

- canned chickpeas
- white onion
- tomatoes on the vine
- limes
- Mexican chili spice
- fresh cilantro
- carrots
- yellow bell pepper

What you need

Tools

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 910.0kcal, Fat 33.0g, Proteins 29.0g, Carbs 130.0g



1. Prep ingredients

Peel and finely chop **half of the onion** (save rest for own use). Chop **tomatoes**. Drain and rinse **chickpeas**. Pick **cilantro leaves** from **stems**; finely chop leaves and stems, keeping them separate. Squeeze **4 teaspoons lime juice** into a small bowl; cut remaining lime into wedges.



4. Braise chickpeas

Heat **1 tablespoon oil** in a medium saucepan over medium. Add **onions** and **cilantro stems**, and cook until soft, about 5 minutes. Stir in **1-2 teaspoons of the Mexican chili spice** (depending on heat preference) and cook until fragrant, about 1 minute. Add **tomatoes, whole and mashed chickpeas**, and **¼ teaspoon salt**. Simmer until thickened, 8-10 minutes.



2. Make slaw

Peel **carrot**. Using a vegetable peeler, shave carrot lengthwise into ribbons, rotating until only core remains, discard core. Halve **pepper**, remove stem, core and seeds, then thinly slice. In a medium bowl, whisk together **1 tablespoon of the lime juice** and **1 tablespoon oil**. Season to taste with **salt** and **pepper**. Add carrots and peppers, and toss to coat.



5. Warm tortillas

Meanwhile, brush **tortillas** with **oil** on one side. Heat a large, heavy skillet over medium-high. Working in batches, cook tortillas on the oiled side until dark spots appear, 1-2 minutes. Transfer to a large piece of foil. Wrap foil around tortillas to keep warm. Repeat with remaining tortillas.



3. Mash chickpeas

Transfer **½ cup of the chickpeas** to a medium bowl and coarsely mash with a fork. In a small bowl, slightly thin **sour cream** by mixing in **1 teaspoon water** as needed. Season to taste with **salt** and **pepper**.



6. Assemble tacos & serve

Stir **cilantro leaves** and **remaining lime juice** into **chickpea mixture**; season to taste with **salt** and **pepper**. Place **tortillas** on plates, toasted-side down, and spoon **some of the chickpeas** onto each. Drizzle with **sour cream**. Serve **chickpea tinga tacos** with **carrot-pepper slaw** and **lime wedges** on the side. Enjoy!