



Chickpea Tinga Tacos

with Carrot-Pepper Slaw & Cilantro



20-30min



4 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

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

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 870.0kcal, Fat 32.0g, Proteins 28.0g, Carbs 124.0g



1. Prep ingredients

Peel and finely chop **onion**. Chop **tomatoes**. Drain and rinse **chickpeas**. Pick **cilantro leaves** from **stems**; finely chop leaves and stems, keeping them separate. Squeeze **2½ tablespoons 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 **2-4 teaspoons of the Mexican chili spice** (depending on heat preference) and cook until fragrant, about 1 minute. Add **tomatoes, whole and mashed chickpeas**, and **½ teaspoon salt**. Simmer until thickened, 8-10 minutes.



2. Make slaw

Peel **carrots**. Using a vegetable peeler, shave carrot lengthwise into ribbons, rotating until only core remains, discard core. Halve **peppers**, remove stems, cores and seeds, then thinly slice. In a medium bowl, whisk together **2 tablespoons of the lime juice** and **2 tablespoons 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 **1 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 tablespoon 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!