



# Cheesy Harissa Chickpea Taquitos

with Baby Leaf Salad

17

**Quick** 20-25 Minutes • **Medium Spice** • 2 of your 5 a day



Carrot



Chickpeas



Mature Cheddar Cheese



Harissa Paste



Tomato Passata



Red Wine Stock Paste



Plain Taco Tortillas



Red Wine Vinegar



Baby Leaf Mix

**Dish Spotlight:** Meaning 'little taco', taquitos are one of the original Cal-Mex dishes, known for their crispy rolled up shells and tasty fillings. Scan the QR code and let us know what you think!



**Pantry Items**

Oil, Salt, Pepper, Honey, Olive Oil, Mayonnaise



## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

## Cooking tools

Grater, frying pan, sieve, bowl and ovenproof dish.

## Ingredients

Ingredients	2P	3P	4P
Carrot**	1	2	2
Chickpeas	1 carton	1½ cartons	2 cartons
Mature Cheddar Cheese** 7)	80g	120g	160g
Harissa Paste <b>14)</b>	50g	75g	100g
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste <b>14)</b>	28g	42g	56g
Plain Taco Tortillas <b>13)</b>	6	9	12
Red Wine Vinegar <b>14)</b>	12ml	18ml	24ml
Baby Leaf Mix**	50g	70g	100g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Honey*	1 tbsp	1½ tbsp	2 tbsp
Sugar for the Dressing*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	512g	100g
Energy (kJ/kcal)	3725 /890	728 /174
Fat (g)	42.7	8.3
Sat. Fat (g)	12.9	2.5
Carbohydrate (g)	93.8	18.3
Sugars (g)	24.9	4.9
Protein (g)	27.6	5.4
Salt (g)	5.07	0.99

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**7)** Milk **13)** Cereals containing gluten **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

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## 1 Fry the Carrot

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Trim the **carrot**, then coarsely grate (no need to peel).
- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **carrot** to the pan and stir-fry until softened, 4-5 mins. Season with **salt** and **pepper**.



## 2 Prep Time

- Meanwhile, drain and rinse the **chickpeas** in a sieve. Transfer **half** the **chickpeas** to a medium bowl and mash with the back of a fork.
- Grate the **Cheddar cheese**.



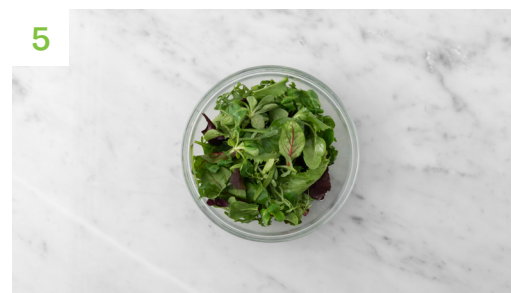
## 3 Simmer the Filling

- When the **veg** has softened, add the **chickpeas** (both whole and mashed), **harissa paste** (add less if you'd prefer things milder), **passata**, **red wine stock paste** and **honey** (see pantry for amount) to the pan.
- Stir to combine, then bring to the boil and simmer until thickened, 2-3 mins.
- Taste and season with **salt** and **pepper** if needed. Remove from the heat.



## 4 Roll Up, Roll Up

- Share the **chickpea filling** evenly between the **tortillas** (3 per person). Top with the **cheese**.
- Carefully roll up each **filled tortilla** and transfer to an appropriately-sized ovenproof dish, placing them snugly side by side, with the folded edge underneath so they don't unroll.
- Rub a little **oil** over the top of each one, then bake on the top shelf of your oven until golden, 6-8 mins.



## 5 Make your Salad Dressing

- While the **taquitos** bake, in a medium bowl, combine the **red wine vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**.
- Just before serving, add the **baby leaves** to the **dressing** and toss to coat. **TIP:** Don't add the leaves too early or they'll go soggy.



## 6 Serve Up

- Share the **taquitos** between your plates.
- Serve the **salad** alongside.
- Add a dollop of **mayo** (see pantry for amount) on the side for dipping.

## Enjoy!