



Mushroom Shawarma Tacos

with Feta Cheese & Baby Gem

Nº 21

RAPID 20 Minutes • 3 of your 5 a day • Veggie



Red Onion



Lemon



Coriander



Feta Cheese



Chickpeas



Sliced Mushrooms



Shawarma Spice Mix



Honey



Vegetable Stock Powder



Natural Yoghurt



Baby Gem Lettuce



Soft Shell Tacos

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Sieve, Large Frying Pan, Potato Masher and Measuring Jug.

Ingredients

	2P	3P	4P
Red Onion**	1	1½	2
Lemon**	1	1½	2
Coriander**	1 bunch	1 bunch	1 bunch
Feta Cheese 7)**	1 block	1½ blocks	2 blocks
Chickpeas	1 carton	1½ cartons	2 cartons
Sliced Mushrooms**	1 small punnet	1 large punnet	2 small punnets
Shawarma Spice Mix	1 small punnet	¾ large punnet	1 large punnet
Honey	1 sachet	1½ sachets	2 sachets
Water*	50ml	75ml	100ml
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Natural Yoghurt 7)**	150g	225g	300g
Baby Gem Lettuce**	1 small	¾ large	1 large
Soft Shell Tacos 13)	6	9	12

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	628g	100g
Energy (kJ/kcal)	2837 /678	452 /108
Fat (g)	21	3
Sat. Fat (g)	12	2
Carbohydrate (g)	88	14
Sugars (g)	22	4
Protein (g)	30	5
Salt (g)	3.28	0.52

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 13) Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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1. Prep

- Preheat the oven to 200°C
- Halve, peel and thinly slice the **red onion**. Zest and halve the **lemon**.
- Roughly chop the **coriander** (stalks and all).
- Crumble the **feta** and set aside.
- Drain and rinse the **chickpeas** in a sieve.



4. Zest the Yoghurt

- Meanwhile, in a small bowl combine the **yoghurt, lemon zest** and **half** of the **lemon juice**.
- Season with **salt** and **pepper**.
- Stir and set aside.



2. Cook the Mushrooms

- Heat a splash of **oil** in large frying pan on a medium-high heat.
- When hot, add the **mushrooms** and **red onion**, cook until the **onion** is soft and the **mushrooms** begin to colour, 5-6 mins.
- Meanwhile, crush the **chickpeas** with the back of a fork or potato masher until coarsely crushed.



5. Make a Salad

- Trim the root from the **baby gem lettuce** then half lengthways. Thinly slice widthways.
- In a small bowl combine the remaining **lemon juice** and a splash of **olive oil**. Season with **salt** and **pepper**.
- Add the **baby gem** and toss to dress.
- Pop the **tacos** in the oven for 2-3 mins.



3. Cook the Chickpeas

- When the **mushrooms** are coloured, add the **chickpeas, shawarma spice, honey, water** (see ingredients for amount) and **veg stock powder**, stir to combine and dissolve the **stock powder**.
- Cook until the **mixture** comes together, 2 mins.
- Taste and season with **salt** and **pepper** if you feel it needs it.



6. Assemble Your Tacos

- Divide the **tacos** between your plates.
 - Top with the **mushroom and chickpea shawarma**, then sprinkle over the **feta**.
 - Top with the **baby gem** and **coriander**.
 - Drizzle on the **yogurt**.
- Fold and Enjoy!**