



Mushroom Shawarma Tacos

With Feta and Lettuce

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

N° 16



Red Onion



Mint



Feta Cheese



Chickpeas



Sliced Mushrooms



Shawarma Spice Mix



Ground Cumin



Tomato Purée



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, Frying Pan, Mixing Bowl and Measuring Jug.

Ingredients

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

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	549g	100g
Energy (kJ/kcal)	2782 / 665	507 / 121
Fat (g)	21	4
Sat. Fat (g)	11	2
Carbohydrate (g)	86	16
Sugars (g)	20	4
Protein (g)	28	5
Salt (g)	3.34	0.61

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 and vegetables; but not meat ! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these 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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Packed in the UK



1. Prep

- Preheat the oven to 200°C.
- Halve, peel and thinly slice the **red onion**.
- Pick the **mint leaves** from their stalks and roughly chop (discard the **stalks**).
- Crumble the **feta** and set aside.
- Drain and rinse the **chickpeas** in a sieve.



4. Yoghurt Time

- Meanwhile, in a small bowl combine the **yoghurt** with the **mint**.
- Season with **salt** and **pepper**. Stir and set aside.



2. Cook the Mushrooms

- Heat a drizzle 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, put the **chickpeas** in a bowl and crush them with the back of a fork or **potato** masher until coarsely crushed.



5. Prep the Lettuce

- Trim the root from the **baby gem lettuce** then halve lengthways. Thinly slice widthways.
- Pop the **tacos** in the oven for 2-3 mins.



3. Cook the Chickpeas

- When the **mushrooms** are browned, add the **chickpeas**, **shawarma spice**, **cumin**, **tomato purée**, **honey**, **water** (see ingredients for amount) and **veg stock powder**, stir to combine.
- 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**.
- Drizzle on the **mint yoghurt** and fold.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.