

Mushroom Shawarma Tacos

With Feta and Lettuce

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









Red Onion





Feta Cheese





Shawarma Spice Mix

Sliced Mushrooms





Ground Cumin



Tomato Purèe







Vegetable Stock Powder



Natural Yoghurt



Baby Gem Lettuce



Soft Shell Tacos

Before you start

Our fruit, veggies and herbs need a wash before vou 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 Mushrooms**	1 small punnet	1 large punnet	2 small 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 Purèe	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	
*National and ** Chara in the Friday				

*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

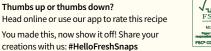
7) Milk 10) Celery 13) Gluten

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.

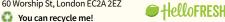
Contact

Thumbs up or thumbs down? Head online or use our app to rate this recipe You made this, now show it off! Share your



Packed in the UK

HelloFresh UK The Fresh Farm 60 Worship St, London EC2A 2EZ





1. Prep

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



2. Cook the Mushrooms

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



3. Cook the Chickpeas

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



4. Yoghurt Time

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



5. Prep the Lettuce

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



6. Assemble Your Tacos

- a) Divide the tacos between your plates.
- b) Top with the mushroom and chickpea shawarma, then sprinkle over the feta.
- c) Top with the baby gem.
- d) 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.