



Crispy Cajun Chickpea Tacos with Avocado

This is the definition of a quick, easy, and nutritious meal that you can take from box to table in less than twenty minutes. These chickpeas also work brilliantly as a crouton substitute in salads, so save the recipe and try some different flavour variations yourself!

Nutritional Info

Calories: 506 kcal
Carbohydrates: 64g
Protein: 16g
Fat: 20g

Ingredients

- Chickpeas
- Cherry tomatoes
- Cajun seasoning
- Spring onions
- Tortilla wraps
- Fresh coriander
- Avocado
- Lime

Your Pantry

- Olive oil

Allergens


Wheat (Tortilla)
Celery (Cajun Seasoning)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) **Make the avocado salsa**

Finely chop the spring onion and fresh coriander. Quarter the cherry tomatoes. Split the avocado in half and remove the stone. Scoop the avocado flesh into a bowl and use a fork to mash it into guacamole. Add the spring onions, cherry tomatoes and fresh coriander. Mix together and then season with salt, pepper, and lime juice to taste.

Drain the chickpeas and pat dry with a paper towel.

2) **Cook the chickpeas**

Add a drizzle of oil to a frying pan and place on a high heat. Once hot, turn the heat down to medium and add the chickpeas and cook until slightly golden (approx 8-10 minutes), stirring occasionally. Reduce the heat to low and add in the cajun seasoning. Cook for a further 1-2 minutes until aromatic. Remove from the heat.

3) **Assemble the wraps**

Heat the tortilla wraps in the microwave for 20-30 seconds. Add a spoonful of the avocado salsa and then top with the chickpeas - enjoy!



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