

Vegan Cauliflower Tacos With Crispy Chickpeas

Prep: 15 mins

Cook: 15 mins

Total: 30 mins

Servings: 3 servings

Yield: 6 tacos

Crispy cauliflower and chickpea tacos are the perfect vegan option for your taco Tuesday cravings. The veggie and legume are seasoned with spices like smoky paprika and zesty lime juice and the tacos are topped with vegan chipotle lime crema and crunchy slaw. The sauce and slaw can be tossed together or the crema can be drizzled on top for a nice presentation.

We served them on top of small flour tortillas but you can use fresh corn tortillas or crunchy corn taco shells if you are looking to leave out the gluten. These tacos are packed with plant-based protein from the chickpeas and tons of nutrients and healthy fats from the avocado. The dish is easy to prepare and is a great option for a quick and healthy weeknight meal.

Ingredients

For the Tacos:

- 1 tablespoon olive oil
- 1 tablespoon lime juice
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 (15-ounce) can chickpeas, drained
- 1 head cauliflower, cut into small florets

For the Chipotle Lime Crema:

- 1/2 cup vegan sour cream, or regular sour cream
- 1/4 cup vegan mayonnaise
- 2 chipotle peppers in adobo sauce
- 1 garlic clove
- 1 teaspoon olive oil
- 1 tablespoon lime juice
- 1/2 teaspoon salt

For Assembly:

- 1 1/2 cups cabbage slaw mix
- 6 small flour tortillas, or corn tortillas
- 1 jalapeño, sliced
- 1 avocado, sliced

Steps to Make It

1. Gather the ingredients.
2. Preheat the oven to 400 F. Whisk together the olive oil, lime juice, chili powder, cumin, smoked paprika, garlic powder, onion powder, salt, and black pepper in a medium-sized bowl.
3. Add the chickpeas and cauliflower florets to the spices and toss to completely coat.
4. Grease a sheet pan and spread the cauliflower and chickpeas onto the pan and shake to spread them out.
5. Bake for 15 minutes or until golden brown and the chickpeas are slightly crisp.
6. While the cauliflower is cooking, prepare the chipotle crema.
7. Add all of the ingredients to a blender and blend until completely smooth. You can toss it with the slaw, or top the tacos with the sauce and slaw separately.
8. Top the tortillas with the cauliflower and chickpeas, slaw, crema, avocado, and jalapeño and serve.

Recipe Tips

- To add extra flavor, color, and texture you can char the tortillas on an open flame. Just hold each tortilla over the flame with tongs for 5 to 10 seconds per side.
- To make the tacos a bit less messy to eat you can mash the avocado and smear it onto the tortillas before adding the cauliflower. This can also help the cauliflower to stick on the tortillas.
- You can toss the crema dressing with the slaw if you want to save a step when topping the tacos. The dressed sauce can also be made up to a day ahead of time.