



Cooking Made Easy

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Sundried Tomato Seitan Wrap

with Mediterranean Vegetables, Crispy Eggplant, and Tuscan Aioli



Seitan, a wheat-based Japanese ingredient, lends meatiness to this hearty vegetarian wrap. Folded up with sautéed mushrooms, zucchini, and sundried tomato, this wrap is both wholesome and scrumptious. Crispy eggplant dipped in aioli also makes for a winning snack!

35 min

level 1

veggie

nut free

dairy free



Sundried Tomato Tortillas



Yellow Onion



Seitan Strips



Garlic



Mushrooms



Zucchini



Sundried Tomato



Eggplant



Mayonnaise



Tuscan Heat Spice Blend

Ingredients

		2 People	4 People
Sundried Tomato Tortillas	1)	2	4
Yellow Onion		1	2
Seitan Strips	1) 3)	8 oz	16 oz
Garlic		2 cloves	4 cloves
Mushrooms		4 oz	8 oz
Zucchini		1	2
Sundried Tomato		1.5 oz	3 oz
Eggplant		1	2
Mayonnaise	2)	2 T	4 T
Tuscan Heat Spice Blend		1 T	2 T
Olive Oil*		3 T	6 T

*Not Included

Allergens

- 1) Wheat
- 2) Eggs
- 3) Soy

Tools

Baking Sheet, Large Pan,
Small Bowl, Tin Foil

Nutrition per person Calories: 760 cal | Carbs: 78 g | Fat: 35 g | Protein: 43 g | Fiber: 15 g

Ruler

0 in 1/4 in 1/2 in 3/4 in 1 in



1 Preheat oven to 400 degrees. Place a baking sheet in the oven as it preheats. Thinly slice the **eggplant** into 1/4-inch rounds. Halve, peel, and thinly slice the **onion**. Cut the **zucchini** into thin matchsticks. Thinly slice the **sundried tomato**. Thinly slice the **mushrooms**. Mince or grate the **garlic**.



2 Remove the baking sheet from the oven and drizzle with **1 tablespoon olive oil**. Place the **eggplant slices** on the baking sheet and drizzle with another **1 tablespoon olive oil**, then flip the slices to coat in oil. Season with **salt, pepper**, and **half the Tuscan spice blend**. **HINT:** Depending on the size of your baking sheet, you may need two in order to fit the eggplant slices in a single layer. Bake for 20-25 minutes, flipping halfway through, until golden brown and crispy.



3 **Make the aioli:** in a small bowl combine the **mayonnaise**, **half the minced garlic** (or less, to taste), and the **remaining Tuscan spice blend**.



4 **Cook the remaining vegetables:** heat **2 teaspoons olive oil** in a large pan over medium heat. Add the **onion** to the pan and cook, tossing, 5-6 minutes, until softened. Season with **salt** and **pepper**. Add the **mushrooms** and **zucchini** to the pan and cook, tossing, another 5-7 minutes, until softened and golden brown. Add the **sundried tomatoes** and **remaining garlic** to the pan and cook 30 seconds, until fragrant. Set aside.

5 In the same pan, heat another **1 teaspoon olive oil** over medium-high heat. Add the **seitan strips** and cook 2-3 minutes, until slightly golden brown.

6 Meanwhile, wrap the **tortillas** in foil and place in the oven for 5 minutes. Alternately, wrap them in a damp paper towel and microwave on high for 30 seconds.

7 **Assemble the wrap:** spread both the **tortillas** with **1 tablespoon aioli** and top with the **sautéed vegetables** and **seitan**. Wrap up like a burrito. Serve the crispy **eggplant** to the side, with the remaining aioli for dipping. Enjoy!