



# VEGAN CURRY-SPICED CHICKPEA SALAD WRAPS

with Golden Raisins & Spinach Almond Salad

## INGREDIENTS

2 PERSON | 4 PERSON



1 oz | 2 oz  
Golden Raisins



2 | 4  
Scallions



1 | 2  
Lemon



1 | 2  
Chickpeas



4 TBSP | 8 TBSP  
Vegan Mayonnaise



1 TBSP | 2 TBSP  
Curry Powder



2 tsp | 4 tsp  
Dijon Mustard



1 | 2  
Tomato



5 oz | 10 oz  
Spinach



2 | 4  
Flour Tortillas  
Contains: Soy, Wheat



½ oz | 1 oz  
Sliced Almonds  
Contains: Tree Nuts



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!

HELLO

### GOLDEN RAISINS

A splash of water and a quick zap in the microwave plumps up raisins for a juicy, complex add-in.

PREP: 10 MIN | COOK: 15 MIN | CALORIES: 930



# HELLO FRESH

## MIX IT UP

Don't worry if the chickpeas look dry when mashing in Step 2. Once you stir in the mayo and lemon juice, the mixture will become nice and creamy.

## BUST OUT

- Small bowl
- Medium bowl
- Strainer
- Large bowl
- Paper towels
- Whisk
- Kosher salt
- Black pepper
- Sugar (1 tsp | 2 tsp)
- Olive oil (2 TBSP | 4 TBSP)

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### 1 PREP

- Wash and dry produce.
- Roughly chop **raisins**. Trim and thinly slice **scallion greens** (save whites for another use). Quarter **lemon**. Dice **tomato** into ½-inch pieces.
- Place raisins in a small microwave-safe bowl; add enough **water** to cover. Microwave 30 seconds, then drain.



### 4 WARM TORTILLAS

- Wrap **tortillas** in damp paper towels; microwave until warm and pliable, 30 seconds.



### 2 MAKE CHICKPEA SALAD

- Drain and rinse **chickpeas**; pat dry with paper towels.
- Place chickpeas in a medium bowl and mash with the back of a fork until about half the chickpeas are smooth (leave some larger pieces for texture-packed bites!).
- Stir in **scallion greens, drained raisins, mayonnaise, 2 tsp curry powder** (4 tsp for 4 servings), and **juice from one lemon wedge** (juice from two wedges for 4). (Be sure to measure the curry powder—we sent more!) Taste and season with **salt** and **pepper**.



### 5 ASSEMBLE WRAPS

- Arrange **tortillas** on a clean work surface; place **chickpea salad** and a **handful of spinach salad** on bottom half of each tortilla.
- Fold bottom side of each tortilla up over filling, then fold over left and right sides toward the filling. Roll up tortillas, starting with filled sides, to form **wraps**.



### 3 MAKE SPINACH SALAD

- In a large bowl, whisk together **mustard, 1 tsp sugar** (2 tsp for 4 servings), **juice from two lemon wedges** (juice from four wedges for 4), **salt**, and **pepper** until well combined. Slowly whisk in **2 TBSP olive oil** (4 TBSP for 4) until smooth and creamy.
- Add **spinach** and **tomato** to bowl and toss to coat; taste and season with **salt** and **pepper** if needed. **TIP: Use tongs to toss salad more easily!**



### 6 FINISH & SERVE

- Halve **wraps** on a diagonal. Divide wraps and **remaining spinach salad** between plates. Top spinach salad with **almonds**. Serve.