



VEGAN SWEET POTATO & CAULI LETTUCE WRAPS

with Cucumber, Cilantro & Peanuts

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Sweet Potato



10 oz | 20 oz
Cauliflower Florets



1 tsp | 2 tsp
Garlic Powder



1 | 2
Lime



1 | 2
Baby Lettuce



1 | 2
Mini Cucumber



½ oz | 1 oz
Peanuts
Contains: Peanuts



¼ oz | ½ oz
Cilantro



4 TBSP | 8 TBSP
Sweet Soy Glaze
Contains: Sesame,
Soy, Wheat



1 oz | 2 oz
Sweet Thai Chili
Sauce



5 tsp | 5 tsp
Rice Wine
Vinegar



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10 oz | 20 oz
Chopped Chicken
Breast

Calories: 520



10 oz | 20 oz
Ground Turkey

Calories: 560



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 330



HELLO

SWEET SOY GLAZE

A savory blend of salty-sweet soy sauce, tangy vinegar, and nutty sesame oil

SERVE NOTICE

Wait until just before serving to fill lettuce wraps (or they may get soggy). You can also serve the filling and toppings in separate bowls, buffet style.

BUST OUT

- Baking sheet
- Whisk
- Small bowl
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp) (1 tsp | 1 tsp)

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1 START PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Dice **sweet potato** into ½-inch pieces. Cut **cauliflower florets** into bite-size pieces if necessary.

- Open package of **chicken*** and drain off any excess liquid. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken or **turkey***; season with **salt** and **pepper**. Cook, stirring frequently, until browned and cooked through, 4-6 minutes.



2 ROAST VEGGIES

- Toss **sweet potato** and **cauliflower** on a baking sheet with a **drizzle of oil, garlic powder, salt, and pepper.**
- Roast on top rack until browned and tender, 20 minutes.



3 FINISH PREP

- Meanwhile, quarter **lime**. Trim and discard root end from **lettuce**; separate leaves. Roughly chop **peanuts**. Roughly chop **cilantro**.
- Halve **cucumber** lengthwise; slice into ½-inch-thick half-moons. Season with **salt**.



4 MAKE SWEET SOY MIXTURE

- In a small bowl, whisk together **sweet soy glaze, chili sauce, half the vinegar** (all for 4 servings), and **juice from half the lime.**



5 GLAZE VEGGIES

- Once **veggies** have roasted 20 minutes, remove sheet from oven. Drizzle with **sweet soy mixture** and carefully toss to combine.
- Return to top rack and roast until veggies are glazed, 3-5 minutes more.



6 ASSEMBLE & SERVE

- Divide **lettuce leaves** between plates; fill with **glazed veggies**. Top with **seasoned cucumber, peanuts, and cilantro**. Serve with **remaining lime wedges** on the side.

- Add **chicken** or **turkey** to **lettuce leaves** along with **glazed veggies.**

*Chicken is fully cooked when internal temperature reaches 165°.

*Ground Turkey is fully cooked when internal temperature reaches 165°.