



**HELLO
FRESH**

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Lemon



2 | 4
Scallions



1 | 2
Baby Lettuce



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



1 | 2
Miso Sauce
Concentrate
Contains: Soy



½ oz | 1 oz
Sliced Almonds
Contains: Tree Nuts



1 | 2
Chickpeas



¼ oz | ½ oz
Dill



2 TBSP | 4 TBSP
Mayonnaise
Contains: Eggs



2 tsp | 4 tsp
Dijon Mustard



1 tsp | 2 tsp
Garlic Powder

CREAMY CHICKPEA SALAD LETTUCE WRAPS

with Almonds & Dill



✓ **READY, SET,
LUNCH!**



ANY ISSUES WITH
YOUR ORDER?
SCAN HERE TO
GET HELP!

TOTAL TIME: 10 MIN | CALORIES: 490



BUST OUT

- Strainer
- Paper towels
- Small bowl
- Large bowl
- Potato masher
- Kosher salt
- Black pepper
- Sugar
- (¼ tsp | ½ tsp)

GO NUTS

If you have a few extra minutes, toast your almonds in a small dry pan over medium-high heat until lightly golden and fragrant. Toasting amps flavor and crunch!

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CREAMY CHICKPEA SALAD LETTUCE WRAPS

with Almonds & Dill

INSTRUCTIONS

- **Wash and dry produce.**
- Quarter **lemon**. Drain and rinse **chickpeas**; pat dry with paper towels. Trim and thinly slice **scallion greens** (save whites for another use). Pick **dill fronds** from stems; roughly chop. Trim and discard root end from **lettuce**; separate leaves.
- In a small bowl, combine **mayonnaise, sour cream, mustard, miso sauce concentrate, garlic powder, ¼ tsp sugar** (½ tsp for 4 servings), and a **squeeze of lemon juice**. Season with **salt and pepper**.
- Place **chickpeas** in a large bowl and mash with a potato masher or fork until about half the chickpeas are smooth (leave some larger chickpeas pieces for texture).
- Stir in **scallion greens, mayonnaise mixture**, as much **dill** as you like, and a **squeeze of lemon juice** to taste. Season with **salt and pepper**.
- Divide **lettuce leaves** between plates; fill with **chickpea salad**. Garnish with **almonds** and serve with any **remaining lemon wedges** on the side.