



# 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



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WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!



## HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the  
**HelloCustom** instructions on the flip side of this card.



10 oz | 20 oz  
Chopped Chicken Breast Calories: 1130



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



HELLO



## GOLDEN RAISINS

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

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

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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.

-  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 in a single layer; season with **salt** and **pepper**. Cook, stirring occasionally, until browned and cooked through, 4-6 minutes.



## 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**.

-  Add **chicken** to **tortillas** along with **chickpea salad** and **spinach salad**.




## 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.

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