

## **INGREDIENTS**

2 PERSON | 4 PERSON



Sweet Potato





1/2 Cup | 1 Cup Bulgur Wheat Contains: Wheat



Apricot Jam



½ oz | 1 oz Sunflower Seeds





Baby Lettuce



1 tsp | 2 tsp Garlic Powder



1 TBSP | 1 TBSP Harissa Powder



1 2 Veggie Stock Concentrate



2 TBSP | 4 TBSP Mayonnaise Contains: Eggs



2 tsp 4 tsp Dijon Mustard



5 tsp | 5 tsp White Wine Vinegar



1/2 Cup | 1 Cup Feta Cheese Contains: Milk







## **HelloCustom**

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



10 oz | 20 oz S Chopped Chicken



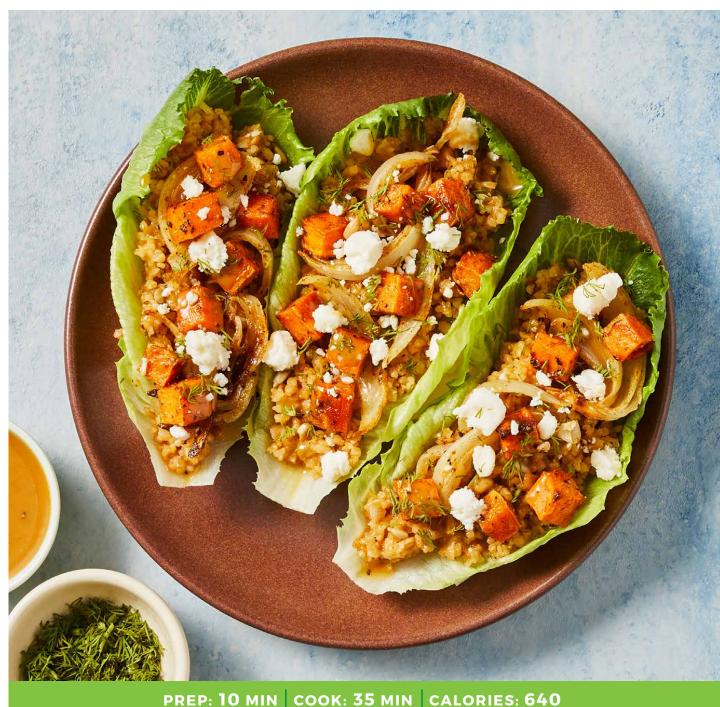
10 oz | **20 oz** Ground Turkey



Galories: 900

# HARISSA SWEET POTATO LETTUCE WRAPS

with Bulgur, Dill, Feta & Apricot Aioli





## HELLO

## **HARISSA POWDER**

Our easy-to-sprinkle version of the fiery North African chile paste

#### **HOT SHEET**

For extra-crispy sweet potatoes, place baking sheet in preheating oven; meanwhile, toss veggies with seasonings and oil in a large bowl.

#### **BUST OUT**

- Baking sheet
- Small pot
- Paper towels 😉

Whisk

- Small bowl
- Large pan 😌 🤄
- Kosher salt
- Black pepper
- Olive oil (1 TBSP | 1 TBSP)
- Cooking oil (1 tsp | 1 tsp) 😉 😉

#### **MORE IS MORE**

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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- \*Chicken is fully cooked when internal temperature reaches 165°.
- G \*Ground Turkey is fully cooked when internal temperature



#### 1 PREP

- · Adjust rack to top position and preheat oven to 450 degrees. Wash and dry produce.
- Dice sweet potato into ½-inch pieces. Halve, peel, and cut onion into ½-inchthick wedges; mince a few wedges until you have 2 TBSP (4 TBSP for 4 servings). Trim and discard root end from lettuce: separate leaves. Roughly chop half the dill (all for 4).



## **2 ROAST VEGGIES**

 Toss sweet potato and onion on a baking sheet with half the garlic powder (you'll use the rest later), 3/4 tsp harissa powder (1½ tsp for 4 servings), a drizzle of olive oil, a big pinch of salt, and pepper. (If you like things spicy, feel free to add more harissa powder.) Roast on top rack until browned and tender, 20-25 minutes.



#### **3 COOK BULGUR**

- Meanwhile, in a small pot, heat a drizzle of olive oil over medium heat. Add minced onion and a big pinch of salt. Cook, stirring, until fragrant, 1 minute.
- Add bulgur, stock concentrate, and 1 cup water (2 cups for 4 servings). Bring to a boil, then cover and reduce to a low simmer. Cook until water has absorbed and bulgur is tender, 12-15 minutes. Turn off heat: uncover and let cool until readv to serve.
- While bulgur cooks, pat chicken\* dry with paper towels. Heat a drizzle of oil in a large pan over medium-high heat. Add chicken or turkey\* and season with salt and pepper. Cook, stirring frequently, until cooked through, 4-6 minutes.



## **4 MAKE AIOLI**

· While bulgur cooks, in a small bowl, whisk together mayonnaise, jam, mustard, remaining garlic powder, 2 tsp vinegar (4 tsp for 4 servings), a drizzle of olive oil, and a pinch of salt and pepper.



### **5 FINISH BULGUR**

- Once bulgur has cooled slightly, stir in sunflower seeds and half the feta. Taste and season with salt and pepper if needed.
- Stir chicken or turkey into
- bulgur mixture.



#### 6 SERVE

• Fill lettuce leaves with bulgur mixture and roasted veggies. Drizzle aioli over veggies. Sprinkle with as much dill and remaining feta as you like and serve.