



# SHAWARMA CHICKPEA & BULGUR LETTUCE WRAPS

with Israeli Salad, Pistachios & Lemon Garlic Yogurt Sauce

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Chickpeas



1 | 2  
Onion



1 TBSP | 2 TBSP  
Shawarma Spice Blend



1 tsp | 2 tsp  
Garlic Powder



½ Cup | 1 Cup  
Bulgur Wheat  
Contains: Wheat



2 | 4  
Veggie Stock Concentrates



1 | 2  
Tomato



1 | 2  
Mini Cucumber



1 | 1  
Lemon



¼ oz | ¼ oz  
Parsley



½ oz | 1 oz  
Pistachios  
Contains: Tree Nuts



1 | 2  
Baby Lettuce



1 tsp | 2 tsp  
Sumac



4 TBSP | 8 TBSP  
Yogurt  
Contains: Milk



1½ TBSP | 3 TBSP  
Sour Cream  
Contains: Milk



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



## HelloCustom

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: 950



10 oz | 20 oz  
Ground Turkey

Calories: 1010



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 750





## BUST OUT

- Strainer
- Paper towels
- Baking sheet
- Small pot
- Medium bowl
- Small bowl
- Large pan 🇺🇸 🇨🇦

- Kosher salt
- Black pepper
- Olive oil (5 tsp | 8 tsp)
- Cooking oil (1 tsp | 1 tsp) 🇺🇸 🇨🇦
- Butter (1 TBSP | 2 TBSP)  
Contains: Milk

## 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.



### 1 START PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 400 degrees.
- Drain and rinse **chickpeas**; pat very dry with paper towels. Halve, peel, and cut **onion** into ½-inch-thick wedges; mince a few wedges until you have 2 TBSP (4 TBSP for 4).



### 2 ROAST CHICKPEAS & ONION

- Toss **chickpeas** and **onion wedges** on a baking sheet with a **large drizzle of olive oil**, **half the Shawarma Spice Blend (you'll use the rest in the next step)**, and a **big pinch of salt and pepper**.
- Roast on top rack, tossing halfway through, until chickpeas are crispy and onion is tender and lightly charred, 18-20 minutes. (**For 4 servings, divide everything between 2 baking sheets; roast on top and middle racks, tossing and swapping rack positions halfway through.**) (It's natural for chickpeas to pop a bit while roasting.)



### 3 COOK BULGUR

- Meanwhile, melt **1 TBSP butter (2 TBSP for 4 servings)** in a small pot (**medium pot for 4**) over medium-high heat. Add **minced onion**, **half the garlic powder (you'll use the rest in step 6)**, **remaining Shawarma Spice Blend**, and a **big pinch of salt**. Cook, stirring, until fragrant, 1 minute.
- Add **bulgur**, **stock concentrates**, and **1 cup water (2 cups for 4)**. 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; keep covered until ready to serve.



### 4 FINISH PREP

- **Wash and dry produce.**
- Dice **tomato** into ½-inch pieces. Quarter **cucumber** lengthwise; cut into ½-inch pieces. Roughly chop **parsley**. Quarter **lemon**. Roughly chop **pistachios**. Trim and discard root end from **lettuce**; separate leaves.



### 5 MAKE SALAD

- In a medium bowl (**large bowl for 4 servings**), combine **tomato**, **cucumber**, **sumac**, **half the parsley**, **1 TBSP olive oil (2 TBSP for 4)**, and a **squeeze of lemon juice**. Season with **salt** and **pepper**.



### 6 MAKE SAUCE

- In a small bowl, combine **yogurt**, **sour cream**, **remaining garlic powder**, and a **squeeze of lemon juice**. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper**.
- 🇺🇸 Pat **chicken\*** dry with paper towels.
- 🇨🇦 Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken or **turkey\***; season with a **large pinch of salt** and **pepper**. Cook, stirring frequently, until cooked through, 4-6 minutes.



### 7 FINISH & SERVE

- Drain any excess liquid from **bulgur**; fluff with a fork. Season with **salt** and **pepper** to taste. Transfer **chickpeas and onion** to pot with bulgur; stir to combine.
- Divide **lettuce leaves** between plates (**pat dry if needed**). Fill with **bulgur mixture**, **salad (draining first)**, **sauce**, **pistachios**, and **remaining parsley**. Serve with any **remaining lemon wedges** on the side.
- 🇺🇸 Fill **lettuce leaves** with **chicken** or
- 🇨🇦 **turkey** along with **bulgur mixture**.

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

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