



HARISSA SWEET POTATO LETTUCE WRAPS

with Bulgur, Dill, Feta & Apricot Aioli

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2

Sweet Potato



1 | 2

Onion



1 | 2

Baby Lettuce



¼ oz | ¼ oz
Dill



1 tsp | 2 tsp
Garlic Powder



1 TBSP | 1 TBSP
Harissa Powder



½ Cup | 1 Cup
Bulgur Wheat
Contains: Wheat



1 | 2
Veggie Stock
Concentrate



2 TBSP | 4 TBSP
Mayonnaise
Contains: Eggs



1 | 2
Apricot Jam



2 tsp | 4 tsp
Dijon Mustard



5 tsp | 5 tsp
White Wine Vinegar



½ oz | 1 oz
Sunflower Seeds



½ Cup | 1 Cup
Feta Cheese
Contains: Milk



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP
OR GIVE US A CALL AT (646) 846-3663.

HELLO

HARISSA POWDER

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



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 640



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 bowl
- Small pot
- Whisk
- Kosher salt
- Black pepper
- Olive oil (**1 TBSP** | **1 TBSP**)

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.

HOW WAS YOUR MEAL?



Scan here to rate your recipe!



Share your **#HelloFreshPics** with us **@HelloFresh**



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-inch-thick 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), **¾ 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 ready to serve.



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.



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.