



CHICKPEA FRITTER & FETA LETTUCE WRAPS

with Tomato Cucumber Salad & Lemon Yogurt Sauce

INGREDIENTS

2 PERSON | 4 PERSON



1 | 1
Chickpeas



¼ oz | ½ oz
Parsley



1 | 2
Tomato



1 | 2
Mini Cucumber



1 | 2
Lemon



1 | 2
Shallot



1 | 2
Baby Lettuce



1.5 oz | 3 oz
Greek Vinaigrette
Contains: Eggs, Milk



4 TBSP | 8 TBSP
Yogurt
Contains: Milk



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



1 tsp | 2 tsp
Dried Oregano



1 tsp | 2 tsp
Garlic Powder



82 g | 82 g
Tempura Batter Mix
Contains: Eggs, Milk,
Wheat



½ Cup | 1 Cup
Feta Cheese
Contains: Milk



ANY ISSUES WITH YOUR ORDER?
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THERE TOO. SCAN HERE TO GET HELP
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HELLO

TEMPURA BATTER MIX

Mix with ice-cold water for a batter that fries up light, crisp, and golden every time.

PREP: 10 MIN | COOK: 35 MIN | CALORIES: 650



MANDATORY ASSEMBLY

Assemble the wraps just before eating to keep the lettuce leaves fresh and crunchy.

BUST OUT

- Strainer
- Paper towels
- Zester
- 2 Medium bowls
- Large bowl
- Potato masher
- Whisk
- Large pan
- Slotted spoon
- Kosher salt
- Black pepper
- Cooking oil (for frying)

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?



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1 PREP

- Wash and dry produce.
- Dice **tomato** into ¼-inch pieces. Halve **cucumber** lengthwise; slice into ¼-inch-thick half-moons. Halve, peel, and mince **shallot**. Zest and quarter **lemon**. Finely chop **parsley**. Drain and rinse **half the chickpeas (all for 4 servings)**; pat dry with paper towels. Trim and discard root end from **lettuce**; separate leaves.



4 MAKE BATTER

- To bowl with **chickpeas**, add **oregano, garlic powder, half the tempura batter mix, half the feta, half the remaining parsley, remaining shallot, ½ cup water**, and **¼ tsp salt (all the tempura batter mix, ⅔ cup water, and ½ tsp salt for 4 servings)**.
- Whisk batter to combine. **TIP: If mixture seems too thick, add more water 1 tsp at a time until it reaches a pancake-batter-like consistency.**



2 MAKE SALAD

- In a medium bowl, combine **tomato, cucumber, 1 tsp shallot (2 tsp for 4 servings)**, and **Greek vinaigrette**. Season with a **pinch of salt and pepper**.



5 COOK FRITTERS

- Heat a **½-inch layer of oil** in a large pan over medium-high heat. Once oil is hot enough that a **drop of batter** sizzles when added to the pan, using a measuring cup, carefully add **¼-cup scoops of batter**. Use the bottom of the measuring cup to flatten into **fritters**. **(TIP: You may need to cook fritters in batches.)**
- Cook until golden brown on bottom and bubbles evenly appear on top, 3-4 minutes. Flip fritters and cook 1-2 minutes more.
- Using a slotted spoon, transfer to a paper-towel-lined plate. Season with **salt**.



3 MIX SAUCE & MASH CHICKPEAS

- In a second medium bowl, combine **yogurt, sour cream, lemon zest, 1 tsp parsley**, and **juice from one lemon wedge (2 tsp parsley and juice from two lemon wedges for 4 servings)**. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper** to taste.
- Place **chickpeas** in a large bowl and mash with a potato masher or fork until almost smooth. **TIP: It's OK if there are some larger pieces.**



6 FINISH & SERVE

- Transfer **fritters** to a cutting board; cut in half.
- Divide **lettuce leaves** between plates. Fill each with two fritter halves, **salad**, and **remaining feta**. Drizzle with **lemon yogurt sauce**. Garnish with **remaining parsley** and serve with **remaining lemon wedges** on the side.