



# CHICKPEA FRITTER & FETA LETTUCE WRAPS

with Tomato Cucumber Salad & Lemon Yogurt Sauce

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Tomato



1 | 2  
Mini Cucumber



1 | 2  
Shallot



1 | 2  
Lemon



¼ oz | ½ oz  
Parsley



1 | 1  
Chickpeas



1 | 2  
Baby Lettuce



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



½ Cup(s) | 1 Cup(s)  
Feta Cheese  
Contains: Milk



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



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



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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: 40 MIN | CALORIES: 640





## 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

## MORE IS MORE

If you upgraded your meal to double your protein or veggies, 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. To cook 3-serving or 6-serving recipes, refer to the separate **MORE IS MORE** card for all the info you'll need!

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

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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.