



VEGAN CURRIED CHICKPEA LETTUCE WRAPS

with Sweet Potato, Peas & Red Pepper Cilantro Sauce

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Chickpeas



1 | 2
Sweet Potato



1 tsp | 1 tsp
Cumin



1 TBSP | 2 TBSP
Curry Powder



1 | 2
Onion



¼ oz | ½ oz
Cilantro



1 | 2
Lemon



2 Cloves | 4 Cloves
Garlic



1 Thumb | 2 Thumbs
Ginger



1 | 2
Baby Lettuce



4 oz | 8 oz
Peas



2 | 4
Red Pepper
Jam



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
Chicken Breast
Strips

Calories: 790



10 oz | 20 oz
Ground Turkey

Calories: 830



PREP: 15 MIN | COOK: 35 MIN | CALORIES: 590



HELLO

RED PEPPER JAM

Tangy, sweet, and a little bit savory, this spread stars in a flavorful sauce for these wraps.

POUND IT OUT

Go ahead and smash those chickpeas good! You'll create lots of jagged edges and extra surface area for browning (and it's great for stress relief!).

BUST OUT

- Strainer
- Paper towels
- Plastic wrap
- Mallet
- Large bowl
- Baking sheet
- Large pan
- Medium bowl

- Kosher salt
- Black pepper
- Olive oil (2 tsp | 2 tsp)
- Cooking oil (1 tsp | 1 tsp) (1 tsp | 1 tsp) 🇺🇸 🇨🇦



1 START PREP & SMASH CHICKPEAS

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 450 degrees. **Wash and dry produce.**
- Dice **sweet potato** into ¼-inch pieces.
- Drain and rinse **chickpeas**; thoroughly pat dry with paper towels. On a clean flat work surface, place chickpeas between 2 large pieces of plastic wrap. Smash with a mallet or the bottom of a pan until broken apart (**chickpeas should not be completely mashed**).



2 ROAST VEGGIES

- In a large bowl, combine **sweet potato, smashed chickpeas, half the cumin (all for 4 servings), 1 tsp curry powder (2 tsp for 4), a large drizzle of olive oil, salt, and pepper**; toss until evenly coated. Spread out on a baking sheet.
- Roast on top rack until browned and tender, 20-25 minutes. (**For 4, divide everything between 2 sheets; roast on top and middle racks, swapping positions halfway through.**)



3 FINISH PREP

- While veggies roast, halve, peel, and finely dice **onion**. Peel and mince or grate **garlic**. Peel and mince or grate **ginger**. Halve **lemon**. Roughly chop **cilantro**. Trim and discard root end from **lettuce**; separate leaves.

- 🇺🇸 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 **salt and pepper**. Cook, stirring frequently, until cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.



4 START FILLING

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **onion** and a **pinch of salt**; cook, stirring occasionally, until lightly browned and softened, 6-8 minutes.
- Reduce heat to medium and add **peas**. Cook, stirring occasionally, until browned, 2-4 minutes more.
- Add **garlic** and **ginger** to pan; cook, stirring constantly, until fragrant, 1-3 minutes.

- 🇺🇸 Use pan used for chicken or turkey here.



5 FINISH FILLING

- Stir in **remaining curry powder, ½ cup water (1 cup for 4 servings), ¼ tsp salt (½ tsp for 4), and juice from half the lemon**. Cook, stirring occasionally, until water has mostly evaporated, 2-4 minutes more.
- Stir **roasted chickpea mixture** into pan. Taste and season **filling** with **salt and pepper** if desired.

- 🇺🇸 Stir **chicken** or **turkey** into **chickpea mixture**.



6 MAKE SAUCE

- In a medium microwave-safe bowl, combine **jam, cilantro, 1 TBSP water (2 TBSP for 4 servings), and juice from remaining lemon**. Cover tightly with plastic wrap and microwave until warmed through, 20-30 seconds.



7 ASSEMBLE & SERVE

- Divide **lettuce leaves** between plates (**pat dry if needed**). Fill leaves with **chickpea filling**. Drizzle with as much **sauce** as you like and serve.

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

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

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