



# SHAWARMA CHICKPEA & BULGUR LETTUCE WRAPS

with Israeli Salad, Pistachios & Lemon Garlic Yogurt Sauce

## INGREDIENTS

2 PERSON | 4 PERSON



13.4 oz | 26.8 oz  
Chickpeas



1 | 2  
Yellow 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  
Roma Tomato



1 | 2  
Persian Cucumber



1 | 1  
Lemon



¼ oz | ¼ oz  
Parsley



½ oz | 1 oz  
Pistachios  
Contains: Tree Nuts



1 | 2  
Baby Romaine Lettuce



1 tsp | 2 tsp  
Sumac



4 TBSP | 8 TBSP  
Yogurt  
Contains: Milk



2 TBSP | 4 TBSP  
Sour Cream  
Contains: Milk



## HelloCustom

2 PERSON | 4 PERSON

If you chose to add a protein or veggie when placing your order, follow the [HelloCustom](#) instructions on the flip side of this card to learn how to modify your meal.



10 oz | 20 oz  
Shrimp  
Contains: Shellfish

Calories: 950



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 790



## HELLO SUMAC

This bright Middle Eastern spice adds lemony tang to a refreshing Israeli salad.

### FLUFF STUFF

Fluffing bulgur before serving is a simple (but essential!) step. A fork helps make sure each grain keeps its texture, yielding light and tender results.

### BUST OUT

- Strainer
- Paper towels
- Baking sheet
- Small pot
- Olive oil (5 tsp | 8 tsp)
- Butter (1 TBSP | 2 TBSP)  
Contains: Milk
- Large pan ⚡
- Cooking oil (2 tsp | 2 tsp) ⚡
- Medium bowl
- Small bowl
- Kosher salt
- Black pepper



### 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 servings).



### 2 ROAST CHICKPEAS & ONION

- Toss chickpeas and onion wedges on a baking sheet with a large drizzle of olive oil, half the Shawarma Spice (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, 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, 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.

- ⚡ Rinse shrimp\* under cold water, then pat dry with paper towels. Season all over with salt and pepper. Heat a large drizzle of oil in a large pan over high heat. Once pan is hot, add shrimp and cook, stirring occasionally, until opaque and cooked through, 3-4 minutes.



### 7 FINISH & SERVE

- Drain any excess water 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 shrimp along with bulgur mixture.

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\*Shrimp are fully cooked when internal temperature reaches 145°.