



SHAWARMA CHICKPEA & BULGUR LETTUCE WRAPS

with Israeli Salad, Pistachios & Lemon Garlic Yogurt Sauce

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
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
Tomato



1 | 2
Mini Cucumber



1 | 1
Lemon



¼ oz | ¼ oz
Parsley



½ oz | 1 oz
Pistachios
Contains: Tree Nuts



1 | 2
Baby Lettuce



1 tsp | 2 tsp
Sumac



4 TBSP | 8 TBSP
Yogurt
Contains: Milk



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



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: 950



10 oz | 20 oz
Ground Turkey

Calories: 1020



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 760



HELLO SUMAC

This bright Middle Eastern spice adds a lemony tang.

FLUFF STUFF

Fluffing bulgur right before serving is an essential step! A fork helps each grain keep its texture, yielding lighter results.

BUST OUT

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



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).



2 ROAST CHICKPEAS & ONION

- Toss **chickpeas** and **onion wedges** on a baking sheet with a **large drizzle of olive oil**, **half the Shawarma Spice Blend** (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 servings, 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 Blend**, 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**.
- 🍳 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 a **large pinch of salt** and **pepper**. Cook, stirring frequently, until cooked through, 4-6 minutes.



7 FINISH & SERVE

- Drain any excess liquid 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 **chicken** or **turkey** along with **bulgur mixture**.

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

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