



Spiced Chickpea Wraps

with Cucumber Raita and Spinach Salad

VEGGIE 35 Minutes



Chickpeas



Onion, chopped



Garlic



Ginger



Baby Spinach



Flour Tortillas



Indian Spice



Tomato Sauce



Greek Yogurt



Cilantro



Lemon



Mini Cucumber



Grape Tomatoes

HELLO CHICKPEAS

Hearty and flavourful, chickpeas are perfect for keeping you full longer

Start Strong

Before starting, preheat the oven to 425°F and wash and dry all produce.

Bust Out

Baking Sheet, Grater, Large Bowl, Large Non-Stick Pan, Parchment Paper, Potato Masher, Silicone Brush, Strainer, Whisk, Zester, Medium Bowl, Measuring Cups, Measuring Spoons

Ingredients

	2 Person	4 Person
Chickpeas	1 can	2 can
Onion, chopped	56 g	113 g
Garlic	6 g	12 g
Ginger	30 g	60 g
Baby Spinach	56 g	113 g
Flour Tortillas	6	12
Indian Spice	1 tbsp	2 tbsp
Tomato Sauce	2 tbsp	4 tbsp
Greek Yogurt	100 g	200 g
Cilantro	7 g	14 g
Lemon	1	1
Mini Cucumber	66 g	132 g
Grape Tomatoes	113 g	227 g
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



1. PREP

Peel, then finely grate **1 tbsp ginger** (dbl for 4 ppl). Roughly chop **cilantro**. Finely grate **cucumber** directly into a medium bowl, Sprinkle with **¼ tsp salt** (dbl for 4 ppl) and set aside. Drain and rinse **chickpeas**. Zest and juice **half the lemon** (1 lemon for 4 ppl). Cut any **remaining lemon** into wedges.



4. ASSEMBLE WRAPS

Arrange **tortillas** on a clean surface. Divide **chickpea mixture** down the centre of **each tortilla**. Roll **tortillas** tightly over filling, then arrange them seam side down on a parchment-lined baking sheet. Brush the tops of **wraps** with **½ tsp oil** (dbl for 4 ppl). Bake in **middle** of oven, until golden, for 5-6 min.



2. START FILLING

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions, ginger, garlic** and **tomato sauce**. Cook, stirring often, until fragrant 3-4 min. Meanwhile, whisk together **lemon zest, 1 tsp lemon juice, ¼ tsp sugar** and **1 tbsp oil** (dbl all for 4 ppl) in a large bowl. Season with **salt** and **pepper**.



5. MAKE RAITA

While **wraps** bake, drain **grated cucumber** over the sink, then firmly squeeze off **excess water**. Return **cucumber** to the same bowl, then add **yogurt** and **remaining cilantro**. Season with **salt** and **pepper**. Stir to combine and set aside. Halve **tomatoes**.



3. FINISH FILLING

Add **chickpeas, Indian spice** and **¾ cup water** (dbl for 4 ppl) to the pan with the **onions**. Cook, stirring often, until **liquid** has thickened slightly, 2-3 min. Remove the pan from heat. Using a masher, coarsely mash **chickpeas**. Add **half the cilantro** and season with **pepper**. Stir together.



6. FINISH AND SERVE

Add **spinach** and **tomatoes** to the **dressing**, then toss together. Divide **salad** and **wraps** between plates. Serve with **cucumber raita** for dipping. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!