



Speedy Indian Turkey Wraps

Warmed Tortillas and Garlic Sauce

FAMILY

20 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



Turkey Strips



Indian Spice Mix



Garlic



Mayonnaise



Sweet Bell Pepper



Cilantro



Flour Tortillas



Chana Dal



Baby Spinach



White Wine Vinegar



Cauliflower, florets



Hummus

HELLO ONE TRAY VEGGIES!

Everything bakes on one tray to save on clean up time!

START HERE

- Before starting, preheat your broiler to high.
- Wash and dry all produce.

Bust Out

Large Non-Stick Pan, Garlic Press, Baking Sheet, Large Bowl, Aluminum Foil, Paper Towels, Whisk, Small Bowl, Measuring Spoons

Ingredients

	2 Person	4 Person
Turkey Strips	340 g	680 g
Indian Spice Mix	2 tbsp	4 tbsp
Garlic	3 g	6 g
Mayonnaise	2 tbsp	4 tbsp
Sweet Bell Pepper	160 g	320 g
Cilantro	7 g	14 g
Flour Tortillas	6	12
Chana Dal	28 g	56 g
Baby Spinach	56 g	113 g
White Wine Vinegar	1 g	2 g
Cauliflower, florets	285 g	570 g
Hummus	57 g	114 g
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

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.

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1. PREP

Core, then thinly slice the **pepper**. Cut the **cauliflower** into bite-size pieces. Peel, then mince the **garlic**. Pat the **turkey** dry with paper towels and season with **salt** and **pepper**.



4. MAKE DRESSINGS

While the **turkey** cooks, roughly chop the **cilantro**. Stir together the **mayo**, **hummus** and **remaining garlic** in a small bowl. Set aside. Whisk together the **vinegar**, **½ tsp sugar**, and **2 tbsp oil** (dbl both for 4ppl) in a large bowl. Set aside.



2. ASSEMBLE VEGGIE BAKE

Add the **cauliflower**, **peppers**, **Indian spice**, **half the garlic** and **1 ½ tbsp oil** (dbl for 4ppl) to a baking sheet. Season with **pepper**. Arrange in a single layer. Broil in the **middle** of the oven, stirring halfway through, until tender, 8-12 min.



5. WARM TORTILLAS

Wrap the **tortillas** in foil and place in the oven to warm for 4-5 min. (You can skip this step if you don't want to warm the tortillas!)



3. COOK TURKEY STRIPS

While the **veggies** roast, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4ppl), then the **turkey**. Cook, turning **pieces** over occasionally, until cooked through, 5-6 min.**



6. FINISH AND SERVE

Add the **spinach** and **half the chana dal** to the large bowl with the **dressing**. Toss to coat. Divide the **tortillas** between plates. Top with the **garlic hummus**, **roasted veggies** and **turkey**. Sprinkle over the **cilantro** and **remaining chana dal**. Serve with the **salad** on the side.

Dinner Solved!