

Spiced Chickpea Wraps

with Cucumber Raita and Spinach Salad

Veggie

30 Minutes









Onion, chopped

Chickpeas



Garlic Puree



Ginger





Flour Tortillas, 6-inch

Baby Spinach



Indian Spice Mix



Tomato Sauce Base



Greek Yogurt



Cilantro



Lemon



Mini Cucumber



Baby Tomatoes

Start here

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

Bust out

Baking sheet, medium bowl, grater, measuring spoons, potato masher, strainer, zester, large bowl, parchment paper, whisk, large non-stick pan, measuring cups

Ingredients

	2 Person	4 Person
Chickpeas	398 ml	796 ml
Onion, chopped	56 g	113 g
Garlic Puree	1 tbsp	2 tbsp
Ginger	30 g	60 g
Baby Spinach	113 g	227 g
Flour Tortillas, 6-inch	6	12
Indian Spice Mix	2 tbsp	4 tbsp
Tomato Sauce Base	2 tbsp	4 tbsp
Greek Yogurt	100 ml	200 ml
Cilantro	7 g	14 g
Lemon	1	2
Mini Cucumber	66 g	132 g
Baby Tomatoes	113 g	227 g
Sugar*	1/4 tsp	½ tsp
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.

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Prep

Peel, then finely grate **1 tbsp ginger** (dbl for 4 ppl). Roughly chop **cilantro**. Halve **tomatoes**. Finely grate **cucumber** directly into a medium bowl. Sprinkle with ½ **tsp salt** (dbl for 4 ppl) then set aside. Drain and rinse **chickpeas**. Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.



Make chickpea filling

Heat a large non-stick pan over mediumhigh heat. When hot, add 1 tbsp oil (dbl for 4 ppl), then onions and ginger. Cook, stirring often, until tender, 2-3 min. Add chickpeas, garlic puree, tomato sauce base and Indian Spice Mix. Cook, stirring often, until fragrant, 1 min. Add ¾ cup water (dbl for 4 ppl). Cook, stirring often, until liquid is slightly thickened, 2-3 min. Remove pan from heat. Using a masher, roughly mash chickpeas. Add half the spinach and half the cilantro. Season with pepper. Stir until spinach wilts, 1 min.



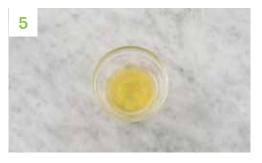
Make raita

While **chickpea filling** cooks, drain **liquid** from **cucumber**, then return **cucumber** to the same bowl. Add **yogurt** and **remaining cilantro**. Season with **salt** and **pepper**. Stir to combine.



Assemble wraps

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



Make dressing

While wraps bake, add lemon zest, 1 tsp lemon juice, 1/4 tsp sugar and 1 tbsp oil (dbl all for 4 ppl) to a large bowl. Season with salt and pepper, then whisk to combine.



Finish and serve

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

Dinner Solved!