



Spiced Chickpea Wraps

with Cucumber Raita and Spinach Salad

Veggie

30 Minutes



Chickpeas



Onion, chopped



Garlic Puree



Ginger



Baby Spinach



Flour Tortillas, 6-inch



Indian Spice Mix



Tomato Sauce Base



Greek Yogurt



Cilantro



Lemon



Mini Cucumber



Baby Tomatoes

HELLO CHICKPEAS

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

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*	¼ 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 **¼ tsp salt** (dbl for 4 ppl) then set aside. Drain and rinse **chickpeas**. Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.



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 chickpea filling

Heat a large non-stick pan over medium-high 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 dressing

While **wraps** bake, add **lemon zest**, **1 tsp lemon juice**, **¼ tsp sugar** and **1 tbsp oil** (dbl all for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then whisk to combine.



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.



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!