



HARISSA SWEET POTATO LETTUCE WRAPS

with Bulgur, Dill, Feta & Apricot Aioli

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2

Sweet Potato



1 | 2

Onion



1 | 2

Baby Lettuce



¼ oz | ¼ oz
Dill



1 tsp | 2 tsp
Garlic Powder



1 TBSP | 1 TBSP
Harissa Powder



½ Cup | 1 Cup
Bulgur Wheat
Contains: Wheat



1 | 2
Veggie Stock
Concentrate



2 TBSP | 4 TBSP
Mayonnaise
Contains: Eggs



1 | 2
Apricot Jam



2 tsp | 4 tsp
Dijon Mustard



5 tsp | 5 tsp
White Wine Vinegar



½ oz | 1 oz
Sunflower Seeds



½ Cup | 1 Cup
Feta Cheese
Contains: Milk



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

*In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.



HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Chopped Chicken Breast

Calories: 830



10 oz | 20 oz
Ground Beef**

Calories: 1010



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 640



HELLO

HARISSA POWDER

Our easy-to-sprinkle version of the fiery North African chile paste

HOT SHEET

For extra-crispy sweet potatoes, place baking sheet in preheating oven; meanwhile, toss veggies with seasonings and oil in a large bowl.

BUST OUT

- Baking sheet
- Whisk
- Small pot
- Paper towels
- Small bowl
- Large pan
- Kosher salt
- Black pepper
- Olive oil (1 TBSP | 1 TBSP)
- Cooking oil (1 tsp | 1 tsp)

GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663
HelloFresh.com



1 PREP

- Adjust rack to top position and preheat oven to 450 degrees. **Wash and dry produce.**
- Dice **sweet potato** into ½-inch pieces. Halve, peel, and cut **onion** into ½-inch-thick wedges; mince a few wedges until you have 2 TBSP (4 TBSP for 4 servings). Trim and discard root end from **lettuce**; separate leaves. Roughly chop **half the dill** (all for 4).



2 ROAST VEGGIES

- Toss **sweet potato** and **onion** on a baking sheet with **half the garlic powder** (you'll use the rest later), **¾ tsp harissa powder** (1½ tsp for 4 servings), a **drizzle of olive oil**, a **big pinch of salt**, and **pepper**. (If you like things spicy, feel free to add more harissa powder.) Roast on top rack until browned and tender, 20-25 minutes.



3 COOK BULGUR

- Meanwhile, in a small pot, heat a **drizzle of olive oil** over medium heat. Add **minced onion** and a **big pinch of salt**. Cook, stirring, until fragrant, 1 minute.
- Add **bulgur**, **stock concentrate**, and **1 cup water** (2 cups for 4 servings). 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; uncover and let cool until ready to serve.

- While bulgur cooks, pat **chicken*** dry with paper towels. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken or **beef*** and season with **salt** and **pepper**. Cook, stirring frequently, until cooked through, 4-6 minutes.



4 MAKE AIOLI

- While bulgur cooks, in a small bowl, whisk together **mayonnaise**, **jam**, **mustard**, **remaining garlic powder**, **2 tsp vinegar** (4 tsp for 4 servings), a **drizzle of olive oil**, and a **pinch of salt and pepper**.



5 FINISH BULGUR

- Once bulgur has cooled slightly, stir in **sunflower seeds** and **half the feta**. Taste and season with **salt** and **pepper** if needed.

- Stir **chicken** or **beef** into **bulgur mixture**.



6 SERVE

- Fill **lettuce leaves** with **bulgur mixture** and **roasted veggies**. Drizzle **aioli** over veggies. Sprinkle with as much **dill** and **remaining feta** as you like and serve.

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

*Ground Beef is fully cooked when internal temperature reaches 160°.