



INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Sweet Potato



1 | 2
Yellow 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



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THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

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



10 oz | 20 oz
Chicken Breast
Strips

Calories: 830



10 oz | 20 oz
Ground Turkey

Calories: 890

HARISSA SWEET POTATO LETTUCE WRAPS

with Bulgur, Dill, Feta & Apricot Aioli



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 630



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)

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

*Ground Turkey is fully cooked when internal temperature reaches 165°.



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).



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**.



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.



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 **turkey** into **bulgur mixture**.



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 **turkey*** and season with **salt** and **pepper**. Cook, stirring frequently, until cooked through, 4-6 minutes.



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.

WK 3-21