



# MEDITERRANEAN CHICKPEA SALAD WRAPS

with Spinach, Tomato & Cucumber

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Roma Tomato



1 | 2  
Persian Cucumber



1 | 2  
Shallot



1 | 2  
Lemon



13.4 oz | 26.8 oz  
Chickpeas



4 TBSP | 8 TBSP  
Mayonnaise  
Contains: Eggs



4 TBSP | 8 TBSP  
Red Pepper  
Hummus



1 tsp | 2 tsp  
Smoked Paprika



2 tsp | 4 tsp  
Dijon Mustard



2 | 4  
Flour Tortillas  
Contains: Wheat



5 oz | 10 oz  
Spinach



## HELLO

### DIJON MUSTARD

This versatile French mustard adds a certain *je ne sais quoi* to creamy chickpea salad.

PREP: 10 MIN | COOK: 15 MIN | CALORIES: 900



## THANKS SHA-LLOT

If you find the flavor of raw shallot to be a bit too strong, try soaking it in ice water for 10 minutes after mincing. This'll make the shallot crisp, as well as tame its bite. (Just be sure to drain and pat dry before adding to your wraps.)

## BUST OUT

- Strainer
- Zester
- Large bowl
- Potato masher
- Paper towels
- Medium bowl
- Kosher salt
- Black pepper
- Olive oil (1 TBSP | 2 TBSP)

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## 1 PREP

- Wash and dry produce.
- Drain and rinse **chickpeas**. Zest and quarter **lemon** (for 4 servings, zest one lemon and quarter both). Halve, peel, and mince **shallot**. Thinly slice **tomato** into rounds. Thinly slice **cucumber** on a diagonal into rounds.



## 3 WARM, TOSS & ASSEMBLE

- Wrap **tortillas** in damp paper towels and microwave until warm and pliable, 30 seconds.
- In a medium bowl, toss together **half the spinach**, **juice from remaining lemon**, **1 TBSP of olive oil** (2 TBSP for 4 servings), and as much of the **remaining minced shallot** as you like. Season with **salt** and **pepper** to taste.
- Place **tortillas** on a clean work surface. Add **½ cup chickpea salad**, **remaining spinach**, and as much **tomato** and **cucumber** as you like in a line on the bottom half of each tortilla. Fold up bottom side of each tortilla over filling, then fold over left and right sides toward the filling. Roll up tortillas, starting with filled sides, to create **wraps**.



## 2 MAKE CHICKPEA SALAD

- Place **chickpeas** in a large bowl and mash with a potato masher or fork until almost smooth. (It's okay if there are still some larger pieces.)
- Add **mayonnaise**, **mustard**, **hummus**, **paprika**, **lemon zest**, **juice from half the lemon**, **half the minced shallot** (you'll use the rest later), **½ tsp salt** (1 tsp for 4 servings), and **pepper**. Stir until thoroughly combined.



## 4 SERVE

- Halve **wraps** on a diagonal; divide between plates. Serve **spinach salad** on the side. **TIP: Add any remaining chickpea salad, tomato, and cucumber to your spinach salad!**