



INGREDIENTS

2 PERSON | 4 PERSON



13.4 oz | 26.8 oz
Chickpeas



1 TBSP | 2 TBSP
Shawarma Spice Blend



½ Cup | 1 Cup
Bulgur Wheat
Contains: Wheat



1 TBSP | 2 TBSP
Harissa Powder



1 | 2
Persian Cucumber



1 | 2
Roma Tomato



¼ oz | ½ oz
Dill



1 | 1
Shallot



1.5 oz | 3 oz
Greek Vinaigrette
Contains: Eggs, Milk



4 TBSP | 8 TBSP
Roasted Red Pepper Hummus



½ Cup | 1 Cup
Feta Cheese
Contains: Milk



2 | 4
Flour Tortillas
Contains: Wheat

HELLO

BULGUR

An ancient grain with satisfyingly chewy texture and earthy, nutty flavor

SHAWARMA-SPICED CHICKPEA & BULGUR WRAPS

with Greek Salad & Roasted Red Pepper Hummus



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 1040



THAT'S A WRAP

The keys to rolling a perfect wrap?

First, warm your tortillas—this makes them more pliable and less likely to break. Second, don't overstuff! Adding just ¼ cup of each of the fillings allows you to easily fold and roll the tortillas without everything falling out.

BUST OUT

- Strainer
- Paper towels
- Baking sheet
- Small pot
- Medium bowl
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 2 tsp)

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1 ROAST CHICKPEAS

- Adjust rack to top position and preheat oven to 425 degrees.
- Drain and rinse **chickpeas**; pat dry with paper towels. Toss on a baking sheet with a **large drizzle of olive oil**, **2 tsp Shawarma Spice** (4 tsp for 4 servings), **salt**, and **pepper**. (Be sure to measure the Shawarma Spice—we sent more.)
- Roast on top rack until browned and crisp, 18-20 minutes. **TIP: It's natural for chickpeas to pop a bit while roasting.**



4 MAKE SALAD

- In a medium bowl, combine **cucumber**, **tomato**, **feta**, **chopped dill**, and as much **shallot** as you like. Toss with **half the Greek vinaigrette** (save the rest for serving) and season with **salt** and **pepper**.



2 COOK BULGUR

- While chickpeas roast, in a small pot, combine **bulgur**, **1 cup water**, **half the harissa powder** (use the rest however you like), and **½ tsp salt**. (For 4 servings, use 2 cups water, all the harissa powder, and 1 tsp salt.) Bring to a boil, then cover and reduce to a low simmer. Cook until water has absorbed and bulgur is tender, 12-15 minutes.
- Keep covered off heat until ready to serve. Drain bulgur if necessary, then fluff with a fork.



5 MAKE WRAPS

- Wrap **tortillas** in damp paper towels and microwave until warm and pliable, 30 seconds.
- Place tortillas on a clean work surface and spread bottom third of each with **red pepper hummus**. Top with a heaping **¼ cup bulgur**, **¼ cup chickpeas**, and **¼ cup salad**. 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**. **TIP: For less mess, place each tortilla on a large piece of foil before rolling and wrap up with the foil. Simply unwrap as you eat!**



3 PREP

- While bulgur cooks, **wash and dry all produce**.
- Trim and halve **cucumber** lengthwise; thinly slice crosswise into ¼-inch-thick half-moons. Dice **tomato**. Pick and finely chop **fronds from dill**. Halve, peel, and thinly slice **shallot**.



6 FINISH & SERVE

- Halve **wraps** on a diagonal; divide between plates along with **remaining bulgur**, **chickpeas**, and **salad**. Serve with **remaining Greek vinaigrette** on the side for drizzling or dipping.