



**HELLO  
FRESH**

## INGREDIENTS

2 PERSON | 4 PERSON



**8.6 oz | 17.2 oz**  
Fully Cooked  
Chicken Breasts



**1 TBSP | 2 TBSP**  
Turkish Spice  
Blend



**1 | 2**  
Mini Cucumber



**1 | 2**  
Tomato



**2 | 4**  
Flour Tortillas  
Contains: Soy, Wheat



**½ Cup | 1 Cup**  
Hummus  
Contains: Sesame

# TURKISH-SPICED CHICKEN & HUMMUS WRAPS

with Tomato & Cucumber



**✓** READY, SET,  
**LUNCH!**



ANY ISSUES WITH  
YOUR ORDER?  
SCAN HERE TO  
GET HELP!

**TOTAL TIME: 10 MIN | CALORIES: 580**



### BUST OUT

- Paper towels
- Kosher salt
- Medium bowl
- Black pepper
- Plastic wrap
- Olive oil (2 tsp | 2 tsp)

### TURKISH SPICE BLEND

Wondering what's in it? It's a warm, savory blend of cumin, garlic, coriander, and chili.

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## TURKISH-SPICED CHICKEN & HUMMUS WRAPS

with Tomato & Cucumber

### INSTRUCTIONS

- **Wash and dry produce.**
- Pat **chicken** dry with paper towels. Thinly slice crosswise into strips.
- In a medium microwave-safe bowl, combine **chicken**, **Turkish Spice Blend**, a **drizzle of olive oil**, a **pinch of salt**, and **pepper**. Cover with plastic wrap and microwave until warmed through, 2-3 minutes.
- Meanwhile, trim and quarter **cucumber** lengthwise; halve crosswise. Cut **tomato** into ½-inch wedges; season with a **drizzle of olive oil** and **salt**.
- Wrap **tortillas** in damp paper towels and microwave until soft and pliable, 20-30 seconds.
- Lay **tortillas** out on a clean work surface. Spread **hummus** over bottom half of each tortilla; top with **spiced chicken** (**draining first**), **cucumber**, and **seasoned tomato**. 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 form **wraps**.
- Halve **wraps** on a diagonal; divide between plates and serve.