



# VEGAN CURRIED CHICKPEA LETTUCE WRAPS

with Sweet Potato, Peas & Red Pepper Cilantro Sauce

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Chickpeas



1 | 2  
Sweet Potato



1 tsp | 1 tsp  
Cumin



1 TBSP | 2 TBSP  
Curry Powder



1 | 2  
Onion



¼ oz | ½ oz  
Cilantro



1 | 2  
Lemon



2 Cloves | 4 Cloves  
Garlic



1 Thumb | 2 Thumbs  
Ginger



1 | 2  
Baby Lettuce



4 oz | 8 oz  
Peas



2 | 4  
Red Pepper  
Jam



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
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  
Shrimp  
Contains: Shellfish

Calories: 740



10 oz | 20 oz  
Chicken Breast  
Strips

Calories: 790



PREP: 15 MIN | COOK: 35 MIN | CALORIES: 590



HELLO

## RED PEPPER JAM

Tangy, sweet, and a little bit savory, this spread stars in a flavorful sauce for these wraps.

### POUND IT OUT

Go ahead and smash those chickpeas good! You'll create lots of jagged edges and extra surface area for browning (and it's great for stress relief!).

### BUST OUT

- Strainer
- Paper towels
- Plastic wrap
- Mallet
- Large bowl
- Baking sheet
- Large pan
- Medium bowl
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 2 tsp)
- Cooking oil (1 tsp | 1 tsp)



### 1 START PREP & SMASH CHICKPEAS

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 450 degrees. **Wash and dry produce.**
- Dice **sweet potato** into ¼-inch pieces.
- Drain and rinse **chickpeas**; thoroughly pat dry with paper towels. On a clean flat work surface, place chickpeas between 2 large pieces of plastic wrap. Smash with a mallet or the bottom of a pan until broken apart (**chickpeas should not be completely mashed**).



### 2 ROAST VEGGIES

- In a large bowl, combine **sweet potato, smashed chickpeas, half the cumin (all for 4 servings), 1 tsp curry powder (2 tsp for 4), a large drizzle of olive oil, salt, and pepper**; toss until evenly coated. Spread out on a baking sheet.
- Roast on top rack until browned and tender, 20-25 minutes. (**For 4, divide everything between 2 sheets; roast on top and middle racks, swapping positions halfway through.**)



### 3 FINISH PREP

- While veggies roast, halve, peel, and finely dice **onion**. Peel and mince or grate **garlic**. Peel and mince or grate **ginger**. Halve **lemon**. Roughly chop **cilantro**. Trim and discard root end from **lettuce**; separate leaves.
- Rinse **shrimp\*** under cold water. Pat shrimp or **chicken\*** dry with paper towels; season with **salt and pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add shrimp or chicken in a single layer; cook, stirring occasionally, until cooked through, 4-6 minutes.



### 4 START FILLING

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **onion** and a **pinch of salt**; cook, stirring occasionally, until lightly browned and softened, 6-8 minutes.
- Reduce heat to medium and add **peas**. Cook, stirring occasionally, until browned, 2-4 minutes more.
- Add **garlic** and **ginger** to pan; cook, stirring constantly, until fragrant, 1-3 minutes.



### 5 FINISH FILLING

- Stir in **remaining curry powder, ½ cup water (1 cup for 4 servings), ¼ tsp salt (½ tsp for 4), and juice from half the lemon**. Cook, stirring occasionally, until water has mostly evaporated, 2-4 minutes more.
- Stir **roasted chickpea mixture** into pan. Taste and season **filling** with **salt and pepper** if desired.

- Stir **shrimp** or **chicken** into **chickpea mixture**.



### 6 MAKE SAUCE

- In a medium microwave-safe bowl, combine **jam, cilantro, 1 TBSP water (2 TBSP for 4 servings), and juice from remaining lemon**. Cover tightly with plastic wrap and microwave until warmed through, 20-30 seconds.



### 7 ASSEMBLE & SERVE

- Divide **lettuce leaves** between plates (**pat dry if needed**). Fill leaves with **chickpea filling**. Drizzle with as much **sauce** as you like and serve.

Use pan used for shrimp or chicken here.

SHARE YOUR #HELLOFRESHPICS WITH US @HELLOFRESH

(646) 846-3663 | HELLOFRESH.COM

\*Shrimp are fully cooked when internal temperature reaches 145°.

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