

DINNERLY



FAST

LOW CALORIE

Chickpea Shawarma Lettuce Cups with Tomato & Garlic Yogurt



20-30min



2 Servings

Calling all vegetarians! Who says that you can't also enjoy shawarma—a Middle Eastern take-out classic? Yes, technically the very definition of shawarma involves some sort of meat, however, we are all about rule breaking. At the heart of this shawarma, you'll find meaty, protein-packed chickpeas and onions, spiced with ras el hanout. We've got you covered!

WHAT WE SEND

- red onion
- plum tomatoes
- garlic
- canned chickpeas
- ras el hanout spice blend
- romaine heart
- Greek yogurt ⁷

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- red wine vinegar

TOOLS

- fine-mesh sieve
- skillet

ALLERGENS

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

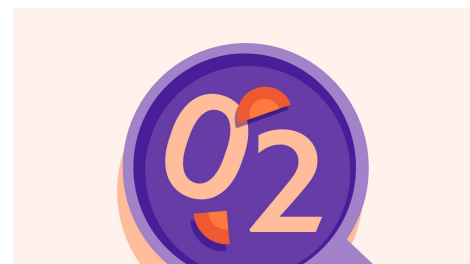
NUTRITION PER SERVING

Calories 580kcal, Fat 26g, Carbs 68g, Proteins 24g



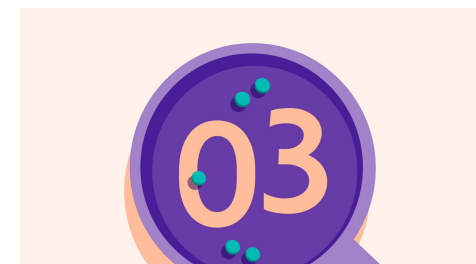
1. Prep ingredients

Halve onion, then peel and thinly slice. Finely chop **¼ cup of the sliced onions**. Quarter **tomatoes** lengthwise, then thinly slice crosswise. Peel and finely chop **2 teaspoons garlic**. Drain and rinse **chickpeas**.



2. Make salad & yogurt

In a medium bowl, combine **chopped onions, sliced tomatoes, 2 teaspoons vinegar, and 1 tablespoon oil**; season to taste with **salt and pepper**. In a small bowl, stir to combine **yogurt and ½ teaspoon chopped garlic**; season to taste with **salt and pepper**.



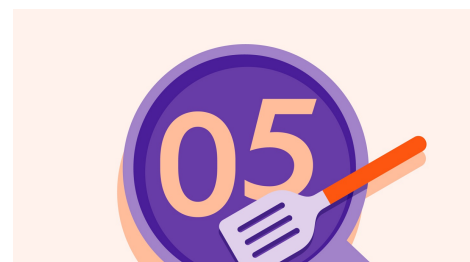
3. Cook onions

Heat **2 tablespoons oil** in a medium skillet over medium-high until shimmering. Add **sliced onions and a pinch of salt**; cook until softened and browned, about 5 minutes (reduce heat if browning too quickly).



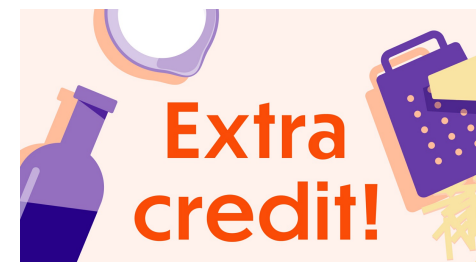
4. Cook & season chickpeas

To skillet with **onions**, add **chickpeas, remaining chopped garlic, 1½ teaspoons of the ras el hanout, and a pinch of salt**. Reduce heat to medium and cook, stirring, until **ras el hanout and garlic** are fragrant, about 1 minute. Stir in **½ cup water** and cook until liquid is reduced and coating the chickpeas, 2–3 minutes; season to taste with **salt and pepper**.



5. Finish & serve

Trim and discard 2–3 inches from stem end of **romaine heart**. Separate **romaine** into leaves. Divide **garlic yogurt** evenly between **lettuce cups**, then fill with **chickpea shawarma mixture**, and top with **tomato salad**. Enjoy!



6. Make it meaty!

Maybe in your house some like meat, and some not-so-much? Keep the veggie version for the vegetarians and grill some steak or chicken to slice up and load into the lettuce cups for those that want to partake.