



## Plant-Chicken, Hummus & Curried Veggie Wrap

with Za'atar Side Salad



ca. 20min



2 Servings

The trick to making a delicious veggie meal is using the right spices. We season sautéed onions, peppers, and plant-based chicken with ras el hanout, a warm spice blend that's earthy and sweet. A simple dressing transforms with the addition of za'atar spice and its herby, savory notes. Creamy hummus spread on tortillas hug the spiced veggies, and cooling mint and cucumber invigorates the spiced wraps and chopped salad.



## What we send

- 1 bell pepper
- 1 yellow onion
- 1 cucumber
- 8 oz pkg plant-based chicken <sup>6</sup>
- ¼ oz ras el hanout
- ¼ oz za'atar spice blend <sup>11</sup>
- 1 romaine heart
- 2 (10-inch) flour tortillas <sup>1,6</sup>
- 4 oz hummus <sup>11</sup>
- ¼ oz fresh mint

## What you need

- olive oil
- kosher salt & ground pepper
- red wine vinegar (or vinegar of your choice)

## Tools

- medium skillet

## Cooking tip

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## Allergens

Wheat (1), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 790kcal, Fat 46g, Carbs 65g, Protein 35g



### 1. Prep ingredients

Halve **pepper**; discard stem and seeds. Cut into thin strips. Halve **onion** and thinly slice.

Halve **cucumber**, removing seeds if desired. Cut one half into 3-inch long planks (save remaining half for own use).



### 4. Make dressing

Meanwhile, in a large bowl, whisk to combine **2 tablespoons oil**, **2 teaspoons vinegar**, and **1 teaspoon za'atar**. Season to taste with **salt** and **pepper**.

Cut **lettuce** into 1-inch pieces.



### 2. Cook veggies

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **peppers** and **onions**; season with **salt** and **pepper**. Cook, stirring occasionally, until softened and browned, 8-10 minutes.



### 5. Build wraps

Place **tortillas** on a work surface. Evenly divide **hummus** among them. Top with **some whole mint leaves** and a **sprinkle of za'atar**. Place **cooked veggies** and **plant-based chicken** and **some of the cucumber** over top. Tightly roll into a cylinder, tucking in edges to keep filling from spilling out.



### 3. PLANT CHICKEN VARIATION

Add **plant-based chicken** and **1½ teaspoons ras el hanout** to skillet with **veggies**. Cook, stirring, until browned and heated through, 3-4 minutes.

Add **3 tablespoons water** and cook, scraping up any browned bits from bottom of skillet, until veggies are coated and water is mostly evaporated, about 1 minute more. Remove from heat.



### 6. Make salad & serve

Toss **lettuce**, **remaining cucumber**, and **remaining mint leaves** with **za'atar dressing**.

Transfer to plates and garnish with more **za'atar** if desired. Serve alongside **veggie wraps**. Enjoy!