

# MARLEY SPOON



## 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 and peppers with ras el hanout, a warm spice blend that's earthy, sweet, and bursts with flavor. A simple dressing transforms with the addition of za'atar spice, which brings herby and 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
- ¼ oz za'atar spice blend <sup>1</sup>
- 1 romaine heart
- ¼ oz ras el hanout
- 2 (10-inch) flour tortillas <sup>2,3</sup>
- 2 (2 oz) hummus <sup>1</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

Sesame (1), Soy (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 570kcal, Fat 36g, Carbs 57g, Protein 12g



### 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. Season veggies

Add **1½ teaspoons ras el hanout** to skillet with **veggies**. Cook, stirring, until fragrant, about 30 seconds.

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.



### 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 **some of the cucumber** over top. Tightly roll into a cylinder, tucking in edges to keep filling from spilling out.



### 3. 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.



### 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!