



Chicken, Hummus & Curried Veggie Wrap

& Za'atar Side Salad



ca. 20min



2 Servings

The trick to making a delicious 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 za'atar spice, which brings herby and savory notes. Lean chicken and creamy hummus spread on tortillas hug the spiced veggies, and cooling mint and cucumber invigorates the wraps and chopped salad.

What we send

- 1 bell pepper
- 1 yellow onion
- 1 cucumber
- 10 oz pkg chicken breast strips
- ¼ oz ras el hanout
- ¼ oz za'atar spice blend ²
- 1 romaine heart
- 2 (10-inch) flour tortillas ^{1,3}
- 2 (2 oz) hummus ²
- 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), Sesame (2), Soy (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 720kcal, Fat 37g, Carbs 59g, Protein 45g



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).



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.



3. Cook chicken

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

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



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.



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



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!