

MARLEY SPOON



Daring Plant Chicken & Curried Veggie Wrap

with Hummus & 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 za'atar spice and its herby, savory notes. Plant-based 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
- 8 oz pkg plant-based chicken ¹
- ¼ oz ras el hanout
- ¼ oz za'atar spice blend ²
- 1 romaine heart
- 2 (10-inch) flour tortillas ^{1,3}
- 4 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

Soy (1), Sesame (2), Wheat (3). 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).



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.



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 **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. Cook plant chicken

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!