

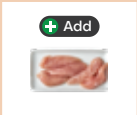


Mediterranean Spiced Sweet Potato Wraps

with Cilantro and Yogurt Sauce

Veggie

35 Minutes



Chicken Breast Tenders
310 g | 620 g

Customized Protein

+ Add

Swap

or

x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



- Sweet Potato
2 | 4
- Spring Mix
56 g | 113 g
- Mediterranean Spice Blend
8 g | 16 g
- Flour Tortillas
6 | 12
- Sweet Bell Pepper
1 | 2
- Baby Tomatoes
113 g | 227 g
- Yogurt Sauce
6 tbsp | 12 tbsp
- Feta Cheese, crumbled
¼ cup | ½ cup
- Cilantro
7 g | 14 g
- Hummus
8 tbsp | 16 tbsp
- White Wine Vinegar
1 tbsp | 2 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.
Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ingredient quantities 56 g | 113 g
2-serving | 4-serving

Pantry items | Oil, sugar, pepper, salt

Cooking utensils | Aluminum foil, baking sheet, large bowl, measuring spoons, parchment paper, whisk

1



Roast veggies

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Core, then cut the **pepper** into 1-inch strips.
- Cut **sweet potatoes** into ¼-inch fries.
- To a parchment-lined baking sheet, add **potatoes, peppers, Mediterranean Spice** and **1 tbsp oil**. (**NOTE:** For 4 servings, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven for 22-24 min, flipping halfway through, until tender and golden. (**NOTE:** For 4 servings, roast in the middle and top of the oven, rotating sheets halfway through.)

4



Warm tortillas (optional)

- Wrap **tortillas** in foil, then place in the **top** of the oven for 4-5 min, until warm. (**TIP:** You can skip this step if you don't want to warm the tortillas!)

2



Prep

+ Add | **Chicken Breast Tenders**

- Meanwhile, roughly chop **cilantro**.
- Halve **tomatoes**.

3



Make dressing

- In a large bowl, add **1 tbsp** (2 tbsp) **oil**, **½ tsp** (1 tsp) **sugar** and **vinegar**. Season with **salt** and **pepper**, then whisk to combine.

5



Finish and serve

+ Add | **Chicken Breast Tenders**

- To the large bowl with **dressing**, add **tomatoes** and **spring mix**, then toss to coat.
- Divide **tortillas** between plates and top with **hummus, roasted veggies, some salad, feta** and **yogurt sauce**.
- Serve **any remaining salad** alongside.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**

2-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

2 | Prep and cook chicken

+ Add | **Chicken Breast Tenders**

If you've opted to add **chicken breast tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high. When hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. Sear for 3-4 min per side, until **chicken** is golden and cooked through.**

5 | Finish and serve

+ Add | **Chicken Breast Tenders**

Top **tortillas** with **chicken**.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 165°F.