



**GREEN  
CHEF**

## CURRY-SPICED SWEET POTATO WRAPS

*roasted chickpeas, mango slaw, curry hummus, schug sauce*

### COOK TIME

35 MIN

### SERVINGS

2

### CALORIES PER SERVING

1000

### MENU

VEGAN

These vegan wraps are bursting with big, bold, Indian-inspired flavors. Sweet potatoes and chickpeas are seasoned with curry powder and roasted until tender. Hearty kale is tossed with herbaceous schug sauce, then combined with roasted potatoes and chickpeas to form a savory filling. Flour tortillas are spread with creamy curry hummus to ensure the filling stays in place, and a cabbage slaw with mangos and almonds makes a sweet side.

### INGREDIENTS (11 ITEMS)

13¼ oz	<b>Garbanzo beans (chickpeas)</b>
10¼ oz	<b>Sweet potatoes</b>
1½ tsp	<b>Yellow curry powder</b>
3½ oz	<b>Cabbage</b>
2¼ oz	<b>Mangos</b>
½ oz	<b>Roasted almonds</b> <span>T</span>
1 whole	<b>Lime</b>
2¾ oz	<b>Lacinato kale</b>
1½ oz	<b>Hummus</b>
4 oz	<b>Schug sauce</b>
2 whole	<b>Flour tortillas</b> <span>W</span>

### WHAT YOU'LL NEED

baking sheet  
mixing bowls  
measuring cup & spoons  
strainer  
microplane  
oven mitt  
cooking & olive oils  
1-2 tsp sweetener  
salt & pepper

### ALLERGENS

- T TREE NUTS (almonds)
- W WHEAT



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

## 1 ROAST SWEET POTATOES & CHICKPEAS

- Preheat oven to 425 degrees.
- Strain and rinse **garbanzo beans (chickpeas)**.
- Place **sweet potatoes** and **chickpeas** in a large bowl. Drizzle with about 1½ tablespoons cooking oil. Season with about 1 teaspoon **yellow curry powder**, about ¼ teaspoon salt, and a pinch of pepper. Toss to coat.
- Spread **sweet potatoes and chickpeas** out in a single layer on a lightly oiled, foil-lined baking sheet. (Reserve bowl.) Roast 20–22 minutes, or until sweet potatoes are fork-tender, stirring halfway through.

COOKING FOR  
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

## 2 PREP

- Roughly chop **cabbage\*** if necessary.
- Roughly chop **mangos** if necessary.
- Roughly chop **roasted almonds**.
- Zest half the **lime** with a microplane (or on small holes of a box grater) over a medium bowl. Quarter **lime**.
- Remove and discard any thick center stems\*\* from **lacinato kale**. Roughly chop leaves into bite-size pieces.

*\*The ingredient you received may be a different color.*

*\*\*To quickly prep, hold the stem end with one hand; pinch and strip the leaves down and away with your other hand (like pulling a zipper!).*

## 3 MAKE MANGO SLAW

- Add **cabbage**, **mangos**, and **almonds** to bowl with **lime zest**. Squeeze juice from two **lime wedges** over bowl to taste. Add 1–2 teaspoons of your preferred sweetener. Lightly season with salt and pepper. Toss to combine.

## 4 MAKE CURRY HUMMUS

- Place **hummus**, remaining **curry powder**, and about 1 tablespoon olive oil in a small bowl. Stir to combine. Season with salt and pepper to taste.

## 5 MAKE FILLING

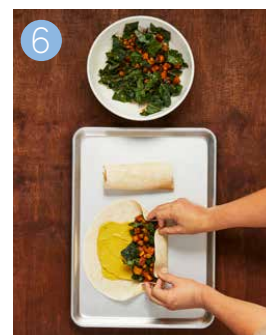
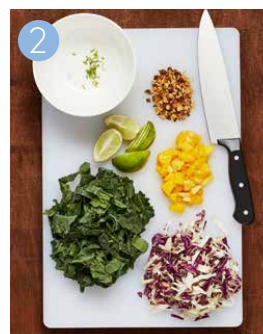
- Add **kale** and **schug sauce** to bowl used for sweet potatoes and chickpeas. Lightly season with salt. Massage until leaves soften.
- Add **roasted sweet potatoes and chickpeas**. Toss to combine.

## 6 ROLL & TOAST WRAPS

- Spread **flour tortillas** out on baking sheet used for sweet potatoes and chickpeas. Spread **curry hummus** on **tortillas**.
- Place about 1 cup **filling** on the bottom third of each **tortilla**. (You will not use all of the filling; save the remaining for another use, like adding to a salad.) Roll bottom side of each **tortilla** over **filling**. Fold left and right sides of **tortilla** over **filling**. Roll up **tortillas**, starting with filled sides, to form **wraps**.
- Place **wraps**, seam sides down, on baking sheet. Toast 5–6 minutes, or until wraps just begin to brown.

## 7 PLATE YOUR DISH

- Cut **wraps** in half.
- Divide **curry-spiced sweet potato wraps** between plates. Serve **mango slaw** and remaining **lime wedges** on the side. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (630g)

**Amount per serving**

**Calories** **1000**

	% Daily Value*
<b>Total Fat</b> 54g	69%
Saturated Fat 7g	35%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 1230mg	53%
<b>Total Carbohydrate</b> 113g	41%
Dietary Fiber 21g	75%
Total Sugars 25g	
Includes 6g Added Sugars	12%
<b>Protein</b> 23g	
Vitamin D 0mcg	0%
Calcium 312mg	25%
Iron 9mg	50%
Potassium 1467mg	30%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### All ingredients in this recipe:

**Flour Tortillas** [wheat flour (unbleached wheat flour, niacin, iron thiamin mononitrate, riboflavin, enzyme, folic acid), water, vegetable shortening (palm oil), salt, mono- and diglycerides, calcium propionate, vital wheat gluten, rice flour, sugar, sodium bicarbonate, fumaric acid, sorbic acid, sodium aluminum sulfate, sodium aluminum phosphate, guar gum, cmc gum, enzymes (wheat starch, microcrystalline cellulose), sodium metabisulfite], **Garbanzo Beans (Chickpeas)** [chickpeas, water, salt, ascorbic acid], **Sweet Potatoes, Lime, Hummus** [organic garbanzo beans (dry organic chickpeas, water), organic tahini (ground organic sesame), organic extra virgin olive oil, organic garlic, organic lemon juice, sea salt, non-gmo citric acid, organic spices], **Yellow Curry Powder** [coriander, turmeric, cumin, mustard, fenugreek, cardamom, nutmeg, cayenne, cinnamon, clove], **Lacinato Kale, Almonds** [almonds], **Green Cabbage, Red Cabbage, Mangos** [mango], **Schug** (Cilantro, Parsley, Sunflower Oil [high oleic sunflower oil], Granulated Garlic, Lemon Juice [lemon], Ground Coriander, Ground Cumin, Ground Cardamom, Sea Salt, Black Pepper, Water, Agave [organic agave syrup], Crushed Red Pepper Flakes)

### Allergen information:

Contains Tree Nuts And Wheat

*Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.*

*Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.*