

Recipe



Harissa Sweet Potato Lettuce Wraps

Serves 4 | Total time: 35min

Ingredients

- 2 sweet potatoes
- 2 baby lettuce
- 2 onions
- 1/4oz dill
- 2 tsp garlic powder
- 1 Tbsp harissa powder
- 1 C. bulgur wheat
- 2 tsp veggie stock concentrate
- 2 Tbsp apricot jam
- 4 tsp Dijon mustard
- 5 tsp white wine vinegar
- 1oz sunflower seeds
- 1 C. feta cheese
- 1 Tbsp olive oil
- Salt
- Pepper

Directions

1. Adjust rack to top position and preheat oven to 450°. Wash and dry produce. Dice sweet potato into ½-inch pieces. Halve, peel, and cut onion into ½-inch-thick wedges; mince a few wedges until you have 4 Tbsp. Trim and discard root end from lettuce; separate leaves. Roughly chop the dill.
2. Toss sweet potato and onion on a baking sheet with half the garlic powder (you'll use the rest later), 1 ½ tsp harissa powder, a drizzle of olive oil, a big pinch of salt, and pepper. (If you like things spicy, feel free to add more harissa powder.) Roast on top rack until browned and tender, 20-25 minutes.
3. In a small pot, heat a drizzle of olive oil over medium heat. Add minced onion and a big pinch of salt. Cook, stirring, until fragrant, 1 minute. Add bulgur, stock concentrate, and 2 cups water. Bring to a boil, then cover and reduce to a low simmer. Cook until water has absorbed and bulgur is tender, 12-15 minutes. Turn off heat; uncover and let cool until ready to serve.
4. In a small bowl, whisk together mayonnaise, jam, mustard, remaining garlic powder, 4 tsp vinegar, a drizzle of olive oil, and a pinch of salt and pepper.
5. Once bulgur has cooled slightly, stir in sunflower seeds and half the feta. Taste and season with salt and pepper if needed.
6. Fill lettuce leaves with bulgur mixture and roasted veggies. Drizzle aioli over veggies. Sprinkle with as much dill and remaining feta as you like and serve.

Source: www.hellofresh.com/recipes/harissa-sweet-potato-lettuce-wraps-6581ee3ffbdaccc86818332

