

# Turkey and Quinoa Wrap

with bell pepper and tomato

20 – 25 mins • Spicy

38



Irish Turkey Mince



Stock



Bell Pepper



Harissa Spice Mix



Sweet Chilli Sauce



Harissa Paste



Scallion



Quinoa



Tomato



Mayo



Paprika



Wraps

Pantry Items: Salt, Pepper, Oil, Water, Sugar



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## Before you start

Our fruit, veg and herbs need a wash before you use them! We recommend reading the recipe in full before beginning to cook.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

## Cooking tools you will need

Pot with lid

## Ingredients

|                    | 2P        | 4P        |
|--------------------|-----------|-----------|
| Irish Turkey Mince | 250 g     | 500 g     |
| Stock              | 1 sachet  | 2 sachets |
| Bell Pepper        | 1 unit    | 2 units   |
| Harissa Spice Mix  | 1 sachet  | 2 sachets |
| Sweet Chilli Sauce | 1 sachet  | 1 sachet  |
| Harissa Paste      | 1 sachet  | 2 sachets |
| Scallion           | 2 units   | 4 units   |
| Quinoa             | 170 g     | 335 g     |
| Tomato             | 2 units   | 4 units   |
| Mayo               | 2 sachets | 4 sachets |
| Paprika            | 2 sachets | 4 sachets |
| Wraps              | 4 units   | 8 units   |

## Nutrition

| for uncooked ingredient | Per 100 g             |
|-------------------------|-----------------------|
| Energy (kJ/kcal)        | 774.2 kJ/<br>185 kcal |
| Fat (g)                 | 4.9 g                 |
| Sat. Fat (g)            | 0.6 g                 |
| Carbohydrate (g)        | 25.1 g                |
| Sugars (g)              | 4.1 g                 |
| Protein (g)             | 9.8 g                 |
| Salt (g)                | 1.4 g                 |

See site or app for detailed nutritional info.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

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### Cook the Quinoa

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- In a medium pot, boil 250ml **water** (per 2P).
- Add the **quinoa** and **stock**, reduce the heat to medium-high, cover and cook for 4-5 mins.
- Reduce the heat to medium-low and cook, covered, a further 8-10 mins.
- Remove from the heat and allow to cool slightly.



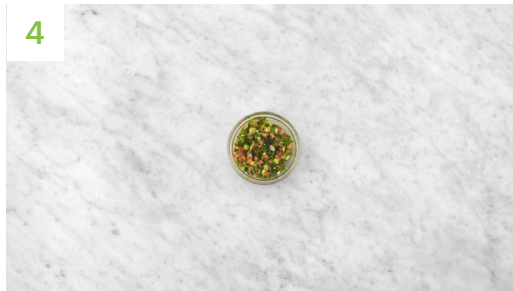
### Time to Fry

- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **turkey mince** until cooked, 2-3 mins. **IMPORTANT:** Wash hands and equipment after handling raw mince.
- Use a spoon to break it up as it cooks. Season with **salt** and **pepper**.



### Soften the Bell Pepper

- Halve and deseed the **bell pepper**. Chop into 2cm chunks.
- Add **bell pepper**, **harissa spice** and **paprika** to the pan with the **turkey**.
- Fry until the **turkey** is cooked, 4-5 mins. **IMPORTANT:** Mince is cooked when no longer pink in the middle.
- Remove from the heat and stir through the **harissa paste** and 2 tbsp **water** (per 2P).
- Season to taste with **salt**, **pepper** and **sugar**.



### Assemble the Salsa

- Meanwhile, cut the **tomato** into 2cm chunks.
- Trim and thinly slice the **scallion**.
- Mix the **tomato** and **scallion** in a bowl.
- Add the **mayo** and **sweet chilli sauce** to a small bowl and mix together until well combined.
- Pop the **wraps** (two per person) into the oven to warm, 1-2 mins.



### Wrap and Roll

- Along the bottom third of the **wrap**, spread a portion of **quinoa**, **tomato** salsa and **turkey mince**. Leave a small border at the edge.
- Drizzle over the **sweet chilli mayo**.
- Fold the border of the **wrap** up over the filling, then fold the left and right sides inwards towards the filling.
- Roll the whole thing over itself, wrapping tightly.

**TIP:** Avoid overfilling to ensure it rolls up.



### Divide and Serve

- Cut in **half** and plate up.
- Serve any remaining filling alongside.

**Enjoy!**