

## **BUFFALO CHICKPEA WRAPS** WITH VEGAN RANCH

**SERVES 2 OR 4** CALORIES: 1110/SERVING



Spicy, lemony, garlicky, bright, crunchy, and seriously satisfying. These wraps are light and nourishing, but leave you feeling full and fuelled. The chickpeas are addictive, the crisp lettuce with the zingy creamy dressing is a dream, and the cherry tomatoes and pickled red onions are the perfect finishing touches!

## WHAT YOU'LL NEED

- Strainer
- 2 medium bowls
- Medium pan
- Salt



| WHAT'S INSIDE   | 2 servings   | 4 servings  |
|---|--|---|
| Chickpeas Hot sauce Tortillas Romaine heart Pickled red onion Cherry tomatoes Vegan ranch | 1 cup<br>3 tbsp<br>2<br>1<br>1/3 cup<br>4-5<br>1 cup | 2 cups<br>6 tbsp<br>4<br>1<br>2/3 cup<br>6-10<br>2 cups |
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## Nutrition Facts Valeur nutritive

Per Serving (409 g) pour 1 (409 g)

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|---|------------------------------|
|   | Daily Value*<br>quotidienne* |
| Fat / Lipides 57 g  | 76 %                         |
| Saturated / saturés 11 g<br>+ Trans / trans 0 g                                       | 55 %                         |
| Carbohydrate / Glucides 107   | 7 g                          |
| Fibre / Fibres 18 g   | 64 %                         |
| Sugars / Sucres 12 g  | 12 %                         |
| Protein / Protéines 46 g  |                              |
| Cholesterol / Cholestérol 25  | mg 8 %                       |
| Sodium 2110 mg  | 92 %                         |
| Potassium<br>1100 mg  | 23 %                         |
| Calcium 750 mg  | 58 %                         |
| Iron / Fer 12 mg  | 67 %                         |
| *5% or less is a little 15% or more is a lo<br>*5% ou moins c'est peu 15% ou plus c'e |                              |

## **OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!**



Prepare your ingredients: quarter the **tomatoes** and roughly chop the **lettuce**.



In a medium bowl, mix together the **chickpeas**, up to 2/3 of the **hot sauce** depending on your tolerance, 1 tbsp of **oil** (2 tbsp for 4 servings), and a pinch of **salt**.



Heat a medium pan over medium heat. Once hot, add the **chickpea mixture** and sauté for about 5 minutes, until the chickpeas have softened and begin to crisp. Remove from heat, add remaining **hot sauce** if desired, and gently mash.



In another medium bowl, combine **lettuce** with 2/3 of the **ranch** until all the greens are completely coated.



Assemble your wraps: spread the remaining **ranch** over each wrap, then top with the dressed **romaine**, the buffalo **chickpeas**, quartered **tomatoes**, and **pickled onions**. Wrap tightly and enjoy!