



RECIPE | PEPPERS



MOROCCAN VEGETABLE LETTUCE WRAPS



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Recipe created by *Stacie Zollars*



26 min

10 min
PREP.

16 min
COOKING



6



easy

INGREDIENTS

- 1** Pure Flavor® Orange Sweet Bell Pepper, chopped
- 1 lb** Pure Flavor® Roma Tomatoes, blanched & peeled
- 2** medium yellow onions, chopped
- 2** garlic cloves, chopped
- 1** large sweet potato, cubed
- 1** jar shakshuka sauce
- 1** lemon, juiced
- 2 cups** rice, cooked
- 2 cups** chickpeas, rinsed & drained
- 1 cup** vegetable broth
- ½ cup** chopped dried apricots, chopped

- 2 tbsp** olive oil
- 2 tbsp** tomato paste
- 1 tsp** coriander
- 1 tsp** cinnamon
- ½ tsp** turmeric
- Parsley leaves, for garnish
- Cilantro leaves, for garnish
- Iceberg lettuce, for serving
- Salt, to taste

DIRECTIONS

- 1** Heat olive oil over medium heat until just shimmering in a large heavy pot or Dutch oven.
- 2** Add peppers, onions, and sweet potatoes, and sauté for 8 minutes, stirring occasionally until the vegetables are medium firm.
- 3** Add shakshuka sauce, garlic, and spices and stir well to combine.
- 4** Next, add tomatoes, paste, apricots, broth, chickpeas, and lemon juice and cook covered for 8 minutes on medium-high heat, mixing regularly with a wooden spoon.
- 5** Remove from heat and sprinkle with fresh parsley and cilantro.
- 6** To serve, place a spoonful of rice in each lettuce cup then add a spoonful of mixture. Enjoy!

Pro Tip: To elevate this dish further, serve in Boston Lettuce wraps for a creamier texture.