

🔍 What would you like to cook?



## Hanna makes no-cook meal prep, 3 ways

Difficulty  
Easy 👉

Preparation  
45 min

Baking  
0 min

Resting  
0 min

### Ingredients

2¼ lbs	watermelon
4	mini cucumbers
6 heads	romaine hearts
18½ oz	canned chickpeas (drained)
1½ oz	jarred sun-dried tomatoes
4¼ oz	almonds
1 clove	garlic
2 tbsp	tahini
3	lemons
1 cup	full-fat Greek yogurt
¾ oz	Parmesan cheese
4	flour tortillas

8 tbsp olive oil  
salt  
pepper

## Utensils

cutting board, knife, 3 bowls (small), bowl (large), immersion blender, grater, 2 bowls, liquid measuring cup, fine sieve, bottle

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## Nutrition per serving

Cal	Fat	Protein	Carb
<b>2074</b>	<b>119 g</b>	<b>69 g</b>	<b>214 g</b>


## Step 1/6


 4 mini cucumbers – 2¼ lbs watermelon – 1½ oz jarred sun-dried tomatoes – 6 heads romaine hearts – 3 oz almonds – 1 clove garlic

 cutting board – knife – 3 bowls (small) – bowl (large)

First, prep all the ingredients. Wash the cucumbers and finely dice ¼. Chop the rest into coarse cubes and transfer them into separate bowls. Halve watermelon and cut ⅓ into wedges with peel; peel the rest. From the peeled watermelon, finely dice ⅓ and add to the bowl with the finely diced cucumbers. Cut the rest into coarse cubes. Chop the sun-dried tomatoes. Cut all the romaine lettuce into bite-size pieces. Chop most of the almonds. Peel the garlic clove and halve.

## Step 2/6


 **18½ oz** canned chickpeas – **1 tbsp** tahini – **1½** lemons – **½ clove** garlic – **6 tbsp** olive oil – salt – pepper

 immersion blender – grater – 2 bowls

Prepare the chickpeas: Finely blend  $\frac{1}{3}$  of the chickpeas with half of the tahini, juice of half a lemon, one half clove of garlic, 4 tbsp olive oil, and a little cold water. Season with salt to taste. Mix the remaining whole chickpeas in a bowl with the zest of a lemon, juice of half a lemon, and 2 tbsp. olive oil. Season to taste with salt and pepper.


## Step 3/6

 **3½ oz** full-fat Greek yogurt – **1 tbsp** tahini – **½ clove** garlic – **1½** lemons – **¼ oz** Parmesan cheese – salt – pepper

 liquid measuring cup – fine sieve – bottle

Prepare the dressing and the melon juice: Finely blend some of the Greek yogurt with the remaining tahini, remaining garlic, juice and zest of half a lemon, and half of the grated Parmesan cheese. Season to taste with salt and pepper. Set two handfuls of the coarse chopped watermelon. Finely blend the rest of the coarse pieces of melon with the juice of a lemon in a large measuring cup, strain through a fine sieve, and transfer to the fridge to chill.

## Step 4/6

 **2 tbsp** olive oil – **2** flour tortillas – **¾ oz** jarred sun-dried tomatoes – **6¼ oz** canned chickpeas – **1½ oz** almonds

For the first lunch box: Mix diced cucumber and melon with remaining olive oil and some juice of the remaining, halved zested lemon; season with salt and pepper. Pour into a small compartment of a divided lunch box. Spread two tortilla wraps with 1 tbsp of the yogurt cream. Then top evenly with  $\frac{1}{3}$  of the lettuce leaves,  $\frac{1}{3}$  of the coarse diced cucumber, half of the sun-dried tomatoes, and half of the whole chickpeas. Roll up tightly and cut in half, then pack into the lunch box. Put the remaining whole almonds into a small compartment of the lunch box.

## Step 5/6

 **6¼ oz** canned chickpeas – **5¼ oz** full-fat Greek yogurt – **1½ oz** almonds – **2** flour tortillas

For the second lunch box: Mix the remaining chickpeas with half of the remaining cucumber cubes. Mix with a little hummus. Then add the chickpea-cucumber salad

evenly in to the largest compartments of the box, divide the hummus and remaining yogurt, the two handfuls of melon and half of the chopped almonds evenly in the two lunch boxes. Slice the remaining tortilla wraps into triangles and serve on the side.

## Step 6/6



**¾ oz** jarred sun-dried tomatoes – **1½ oz** almonds – **¼ oz** Parmesan cheese

For the last lunch box: add the remaining romaine lettuce, sun-dried tomatoes, the last cubes of cucumber, remaining chopped almonds and shaved Parmesan to the largest compartment. Pour the remaining dressing into a small compartment and lastly add the melon wedges. Enjoy!

## Enjoy your meal!

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