



Cooking Made Easy

hellofresh.com | hello@hellofresh.com

MAR 2015 Share your masterpiece! Tag your photos with #HelloFreshPics and share on You'll be entered into our weekly photo contest!

## Smoky Sweet Potato Pita Pockets

with Golden Raisins & Shaved Vegetable Salad



The sweet-and-smoky combination of roasted sweet potato, golden raisins, and earthy cumin makes for a killer pita filling. A little creamy hummus holds all that deliciousness in place. We've rounded out the plate with a crisp and refreshing shaved vegetable salad to boot. Bon appetit!



30 min



level 1



vegan



lactose free



nut free



Sweet Potato



Pita



Grape Tomatoes



Lemon



Red Onion



Mint



Garlic



Golden Raisins



Cucumber



Hummus



Carrot



Cumin

Ingredients	2 People	4 People
Sweet Potato	1	2
Red Onion	1	2
Mint	1 sprig	2 sprigs
Carrot	1	2
Cucumber	1	2
Grape Tomatoes	1 bunch	2 bunches
Garlic	2 cloves	4 cloves
Golden Raisins	1 oz	2 oz
Lemon	1	2
Hummus	¼ C	½ C
Pita Bread	1)	4
Cumin	1 t	2 t
Olive Oil*	2 ½ T	5 T

\*Not included

#### Allergens

1) Wheat

#### Tools

Baking Sheet, Peeler,  
Medium Pan,  
Medium Bowl

Ruler

0 in ¼ in ½ in ¾ in 1 in

**Nutrition per person** Calories: 672 cal | Carbs: 113 g | Fat: 21 g | Protein: 14 g | Fiber: 15 g



**1** Preheat oven to 400 degrees. Thoroughly wash the **sweet potato**, then cut into ½-inch cubes. Toss on a baking sheet with 1 tablespoon **olive oil** and a pinch of **salt** and **pepper**. Place in the oven for about 20 minutes, until caramelized and soft.



**2** Meanwhile, halve, peel, and thinly slice the **red onion**. Quarter the **grape tomatoes**. Mince or grate the **garlic**. Chop the **mint**. Zest and halve the **lemon**.



**3** Peel the **carrot**. Then, using your peeler, shave the carrot into ribbons lengthwise, rotating as necessary. Peel the **cucumber** and repeat the same process, discarding the cucumber's seedy core.

**4** Heat ½ tablespoon **olive oil** in a medium pan over medium heat. Add the **onion** and cook for about 5 minutes, until soft. Add the **garlic** and **cumin** and cook for 30 seconds, until fragrant. Add the **raisins** to the pan. Season with **salt** and **pepper**.



**5** Toss the **roasted sweet potatoes** into the onion mixture and cook for 2-3 minutes.

**6** Meanwhile, combine the **cucumber, tomatoes, carrot, lemon zest**, and **mint** in a medium bowl. Toss with the juice of half the **lemon**, 1 tablespoon **olive oil**, and a pinch of **salt** and **pepper**.

**7** Halve the **pitas** and separate into pockets, then spread with the **hummus**. Fill with the **sweet potato mixture** and serve the **shaved vegetable salad** on the side. Enjoy!