



**HELLO
FRESH**

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Cucumber



¼ oz | ½ oz
Dill



2 | 4
Pitas
Contains: Sesame,
Wheat



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



4 oz | 4 oz
Roasted Red
Pepper Spread



2 tsp | 4 tsp
Hot Sauce



4 oz | 8 oz
Grape Tomatoes



1 | 2
Lemon



½ oz | 1 oz
Peppitas



½ Cup | 1 Cup
Hummus
Contains: Sesame



1 Cup | 2 Cups
Feta Cheese
Contains: Milk

HUMMUS & CUCUMBER SALAD PITA POCKETS

with Red Pepper Spread, Feta & Creamy Dill Sauce



✓ **READY, SET,
LUNCH!**



ANY ISSUES WITH
YOUR ORDER?
SCAN HERE TO
GET HELP!

TOTAL TIME: 10 MIN | CALORIES: 720



BUST OUT

- Medium bowl
- Small bowl
- Paper towels
- Olive oil (2 tsp | 2 tsp)
- Kosher salt
- Black pepper

SOME ASSEMBLY REQUIRED

No soggy sandwiches! Store prepared veggie salad and sauce in separate containers, then refrigerate with hummus and feta. Ready to eat? Warm pitas, fill, and enjoy!

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HUMMUS & CUCUMBER SALAD PITA POCKETS

with Red Pepper Spread, Feta & Creamy Dill Sauce

INSTRUCTIONS

- **Wash and dry produce.**
- Quarter **cucumber** lengthwise; slice into ½-inch-thick pieces. Halve **tomatoes**. Pick and roughly chop **fronds from dill**. Halve **lemon**. Halve **pitas**.
- In a medium bowl, toss together **cucumber, tomatoes, pepitas, half the dill**, a **large drizzle of olive oil**, and a **squeeze of lemon juice** to taste. Season generously with **salt and pepper**.
- In a small bowl, combine **sour cream, remaining dill**, and a **squeeze of lemon juice** to taste. Season with **salt and pepper**.
- Wrap **pitas** in damp paper towels and place on a plate. Microwave until warm, 20 seconds. Fill pitas with a **bit of hummus, half the roasted red pepper spread (all for 4 servings), veggie salad, dill sauce, feta, and hot sauce** to taste. Serve.