



## INGREDIENTS

MAKES 2 SERVINGS



1

Super Select  
Cucumber



¼ oz  
Dill



2

Whole Wheat  
Pitas  
Contains: Wheat



4 TBSP

Sour Cream  
Contains: Milk



1 Cup

Feta Cheese  
Contains: Milk



4 oz

Heirloom Grape  
Tomatoes



1

Lemon



½ oz

Pepitas



8 TBSP

Hummus



2 tsp

Hot Sauce

# CUCUMBER SALAD-STUFFED PITA POCKETS

with Hummus, Feta & Creamy Dill Sauce



✓ READY, SET,  
LUNCH!

TOTAL TIME: 10 MIN

CALORIES: 660

SERVINGS: 2



### BUST OUT

- Medium bowl
- Black pepper
- Small bowl
- 2 tsp Olive oil
- Kosher salt

### SOME ASSEMBLY REQUIRED

Wait until lunchtime to stuff these pita pockets so that they don't get soggy. Store the marinated veggie salad and dill sauce in separate containers, then refrigerate along with the hummus, feta, and hot sauce. When ready to eat, toast your pitas, fill, and enjoy!

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## CUCUMBER SALAD-STUFFED PITA POCKETS

with Hummus, Feta & Creamy Dill Sauce

### INSTRUCTIONS

- **Wash and dry produce.**
- Trim and quarter **cucumber** lengthwise; slice crosswise 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**.
- Toast **pita halves** until warm. Fill each pita pocket with a **bit of hummus, veggie salad, dill sauce, feta, and hot sauce** to taste.

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