



HARISSA SWEET POTATO POCKETS

with Avocado & Cucumber Dill Salad



HELLO HARISSA POWDER

This rich, smoky North African seasoning adds a touch of heat to roasted sweet potatoes and garlicky spiced mayo.

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 740



Sweet Potatoes



Garlic



Dill



Mayonnaise
(Contains: Eggs)



Whole Wheat Pitas
(Contains: Wheat)



Harissa Powder



Cucumber



Avocado



White Wine
Vinegar



Pepitas

START STRONG


Give your avocado a gentle squeeze in your palm—it should feel firm (not hard) and yield slightly to pressure. Not quite there yet? Take the avo out of the fridge (the cold will slow ripening) and let it sit on your counter a day before you're ready to cook. Bonus: If you have a banana on hand, stick the two in a paper bag together to speed things along.

BUST OUT

- 2 Baking sheets
- Small bowl
- Medium bowl
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 4 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- Sweet Potatoes 2 | 4
- Harissa Powder  1 TBSP | 2 TBSP
- Garlic 1 Clove | 1 Clove
- Cucumber 1 | 2
- Dill ¼ oz | ½ oz
- Avocado 1 | 2
- Mayonnaise 4 TBSP | 4 TBSP
- White Wine Vinegar 5 tsp | 10 tsp
- Whole Wheat Pitas 2 | 4
- Pepitas ½ oz | 1 oz



1 ROAST SWEET POTATOES

Adjust racks to middle and top positions and preheat oven to 450 degrees. **Wash and dry all produce.** Slice **sweet potatoes** into ¼-inch-thick rounds. Toss on a baking sheet with a drizzle of **olive oil**, **1 tsp harissa powder** (2 tsp for 4 servings; you'll use more later), and a pinch of **salt** and **pepper**. Roast on middle rack, flipping halfway through, until tender, 18-20 minutes.



4 MAKE CUCUMBER SALAD

In a medium bowl, toss together **cucumber**, **chopped dill**, **vinegar**, a drizzle of **olive oil**, and a pinch of **salt** and **pepper**.



2 PREP

While sweet potatoes roast, peel and mince or grate half the **garlic clove** (whole clove for 4 servings). Halve **cucumber** lengthwise; thinly slice crosswise into half-moons. Pick and roughly chop fronds from **dill** until you have 2 tsp (4 tsp for 4). Halve, pit, and peel **avocado**, then thinly slice.



5 TOAST PITAS

Halve **pitas** to create pockets and place on a second baking sheet. When sweet potatoes have 2-3 minutes left, add pitas to top rack and toast until warmed through (they should still be soft and flexible).



3 MAKE HARISSA MAYO

In a small bowl, combine **mayonnaise**, a pinch of **minced garlic**, and a pinch of **harissa powder**. Taste and add more garlic and harissa powder if desired. Season with **salt** and **pepper**.



6 SERVE

Spread **harissa mayo** inside each toasted **pita half**, then fill with **sweet potatoes**, **avocado**, a few **pepitas**, and a small amount of **cucumber salad**. Divide stuffed pitas between plates. Serve with remaining cucumber salad on the side; sprinkle with remaining pepitas.

DILL-ICIOUS

To make an easy dip for your pita pockets, try mixing any leftover dill with plain yogurt, grated garlic, and a squeeze of lemon juice.



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