



PITA POCKETS WITH ZUCCHINI & EGG

filled with Hummus, Israeli Salad & Harissa Garlic Sauce

INGREDIENTS

2 PERSON | 4 PERSON



2 | 4
Eggs

Contains: Eggs



1 | 2

Persian Cucumber



1 | 2

Roma Tomato



1 | 1

Shallot



1 | 2

Lemon



1 Clove | 1 Clove
Garlic



1 | 2

Zucchini



4 TBSP | 8 TBSP
Sour Cream
Contains: Milk



1 TBSP | 1 TBSP
Harissa Powder



2 | 4
Whole Wheat
Pitas
Contains: Wheat



4 TBSP | 8 TBSP
Hummus



1 tsp | 2 tsp
Hot Sauce

HELLO

ISRAELI SALAD

A refreshing, crunchy combo of chopped cucumber, tomato, and shallot, all dressed with lemon juice and olive oil



PREP: 10 MIN | COOK: 20 MIN | CALORIES: 500



LET'S GET CRACKIN'

Running the eggs under cold water not only makes them safe to handle—it also makes them easier to peel! Pro tip: Peel the eggs in cold water (either under running water in the sink or in a bowl of ice water). The water helps separate the whites from the shells, making peeling a breeze.

BUST OUT

- Small pot
- Strainer
- Medium bowl
- Small bowl
- Large bowl
- Large pan
- Paper towels
- Kosher salt
- Black pepper
- Olive oil (1 TBSP | 1 TBSP)

GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663
HelloFresh.com



1 COOK EGGS

- Place **eggs*** in a small pot and add enough **water** to cover. Bring to a boil, then immediately cover and turn off heat. Let stand 11 minutes, then carefully drain.
- Run under cold water until cool to the touch. Peel and slice eggs into rounds.



2 PREP

- While eggs cook, **wash and dry all produce**.
- Dice **cucumber** and **tomato** into ½-inch pieces. Halve and peel **shallot**; thinly slice one half. Quarter **lemon**. Peel and finely chop or grate **garlic**. Trim and slice **zucchini** crosswise into ½-inch-thick rounds.
- **4 SERVINGS: Thinly slice whole shallot.**



3 MAKE SALAD & SAUCE

- In a medium bowl, combine **cucumber, tomato, sliced shallot**, juice from half the **lemon**, and a drizzle of **olive oil**. Season with **salt** and **pepper**.
- In a small bowl, combine **sour cream**, **¼ tsp harissa powder** (you'll use more in the next step), and a pinch of **garlic**. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Taste and add more garlic if desired. Season with **salt** and **pepper**.
- **4 SERVINGS: Use ½ tsp harissa powder.**



4 COOK ZUCCHINI

- In a large bowl, toss **zucchini** with a large drizzle of **olive oil**, **1 tsp harissa powder** (be sure to measure), **salt**, and **pepper**.
- Heat a large pan over medium-high heat. Add zucchini and cook until browned and tender, 2-3 minutes per side.
- **4 SERVINGS: Use 2 tsp harissa powder.**



5 WARM PITAS

- Meanwhile, halve **pitas** crosswise to create pockets. Wrap in damp paper towels and microwave until warm and pliable, 30 seconds.



6 SERVE

- Spread insides of **pita pockets** with **hummus**, then fill with **zucchini, eggs**, a bit of **salad**, and **harissa sauce**. Drizzle with **hot sauce** if desired. Divide pita pockets between plates and serve with remaining **lemon wedges** and salad on the side.

* Wash hands and surfaces after handling raw eggs. Consuming raw or undercooked eggs may increase your risk of foodborne illness.