



CRUNCHY VEGGIE AND LENTIL SALAD

with a Feta-Stuffed Pita and Creamy Dill Dressing



HELLO CREAMY DILL DRESSING

A rich, dairy counterpart to the cool and crisp veggies

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 580

-  French Lentils
-  Persian Cucumber
-  Dill
-  Lemon
-  Whole Wheat Pita
(Contains: Wheat, Soy)
-  Arugula
-  Radishes
-  Carrot
-  Sour Cream
(Contains: Milk)
-  Mediterranean Spice Blend
-  Feta Cheese
(Contains: Milk)

START STRONG

If the lentils start to dry out before they're fully cooked, add a few splashes of water to the pot and keep things simmering.

BUST OUT

- Strainer
- Large bowl
- Medium pot
- Peeler
- Small bowl
- Baking sheet
- Olive oil (1 TBSP | 2 TBSP)

INGREDIENTS

Ingredient 2-person | 4-person

- French Lentils ½ Cup | 1 Cup
- Radishes 3 | 6
- Persian Cucumber 1 | 2
- Carrot 1 | 2
- Dill ¼ oz | ½ oz
- Lemon 1 | 2
- Sour Cream 4 TBSP | 8 TBSP
- Mediterranean Spice Blend 1 TBSP | 2 TBSP
- Whole Wheat Pita 1 | 2
- Feta Cheese 1 Cup | 2 Cups
- Arugula 2 oz | 4 oz

HELLO WINE

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1 PREHEAT OVEN AND COOK LENTILS

Wash and dry all produce. Preheat oven to 400 degrees. Rinse **lentils**, then put in a medium pot along with **1¼ cups water** and a pinch of **salt**. Bring to a boil, then lower heat and reduce to a simmer. Cook, uncovered, until tender, 20-30 minutes.



4 FILL AND BAKE PITA

Cut **pita** in half. Fill the pockets with remaining **dill** and half the **feta cheese** (save other half for garnish). Place on a baking sheet. Bake in oven until feta cheese is soft and pita is lightly toasted, 6-8 minutes.



2 PREP

Cut **radishes** and **cucumber** in half lengthwise. Slice each into thin half-moons. Peel **carrots**, then thinly slice on a diagonal. Pick fronds from **dill**; discard stems. Roughly chop fronds. Cut **lemon** in half. **TIP:** Save one lemon half for dressing lentils and use other to season dressing and salad.



5 MAKE SALAD AND SEASON LENTILS

In a large bowl, toss **arugula** with a squeeze of **lemon**, a drizzle of **olive oil**, and half the remaining **Mediterranean spice blend**. Season with **salt** and **pepper**. Once **lentils** are done, remove from heat. Stir a drizzle of **olive oil**, juice of one **lemon half**, and remaining Mediterranean spice blend into pot. Season with **salt** and **pepper**.



3 MAKE DRESSING

In a small bowl, stir together **sour cream**, half the **dill**, half the **Mediterranean spice blend**, a drizzle of **olive oil**, and a squeeze of **lemon**. Season with **salt** and **pepper**. **TIP:** Add a splash of water, if needed, to give dressing a drizzly consistency.



6 PLATE AND SERVE

Divide **salad** between plates. Top with **lentils**, **radishes**, **cucumbers**, and **carrots**. Sprinkle with remaining **feta cheese**. Drizzle with **dressing**. Serve with **pita halves** on the side.

DELIGHTFUL!

We love the contrast between the crisp veggies and tender lentils.

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