



ZUCCHINI & FETA FRITTER PITA POCKETS

with Creamy Dill Sauce & Arugula Salad

INGREDIENTS

2 PERSON | 4 PERSON



1/4 oz | 1/2 oz
Dill



1 | 2
Lemon



1 | 2
Zucchini



1 | 2
Roma Tomato



8 TBSP | 16 TBSP
Sour Cream
Contains: Milk



1 tsp | 2 tsp
Garlic Powder



82 g | 164 g
Tempura Mix
Contains: Eggs,
Milk, Wheat



1/2 Cup | 1 Cup
Feta Cheese
Contains: Milk



2 | 4
Whole Wheat
Pitas
Contains: Wheat



2 oz | 4 oz
Arugula

HELLO

TEMPURA BATTER

This crispy, light-as-air coating turns feta cheese and grated zucchini into golden fritters.



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 710



ROYAL FRY-NESS

In step 4, you'll be shallow-frying your zucchini fritters. To test and make sure the oil is hot enough between batches, add a drop of batter on its own. If it sizzles immediately, that's your green light to keep cooking. If not, wait about 15 seconds, then try again.

BUST OUT

- Zester
- Box grater
- Small bowl
- 2 Medium bowls
- Large pan
- Paper towels
- Kosher salt
- Black pepper
- Vegetable oil (for frying)
- Olive oil (2 tsp | 2 tsp)

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1 PREP

- Preheat oven to 400 degrees. (If you have a toaster oven, feel free to skip the preheating.) **Wash and dry all produce.**
- Pick and finely chop fronds from **dill**. Zest and quarter **lemon**.
- Trim and grate **zucchini** on the largest holes of a box grater. Place grated zucchini in the center of a clean kitchen towel or a couple layers of paper towels and toss with a big pinch of **salt**; set aside.
- Thinly slice **tomato** into rounds.



4 COOK FRITTERS

- Heat a 1/2-inch layer of **oil** in a large, heavy-bottomed pan over medium-high heat. Once oil is shimmering and hot enough that a drop of **batter** sizzles immediately when added to the pan, add tablespoon-sized scoops of batter, working in batches if necessary.
- Cook until **fritters** are deeply golden and cooked through, 2-4 minutes per side. **TIP: Lower heat if fritters begin to brown too quickly.**
- Transfer to a paper-towel-lined plate. Season with **salt**.



2 MAKE SAUCE

- In a small bowl, combine **sour cream**, **lemon zest**, half the **chopped dill**, a squeeze of **lemon juice**, and up to 1/4 of the **garlic powder** to taste (you'll use the rest in the next step). Season with **salt** and **pepper**.



5 WARM PITAS

- Meanwhile, toast **pitas** in oven or toaster oven until warm and pliable, 2-3 minutes.



3 MAKE BATTER

- Gather towel with **grated zucchini** into a tight bundle and wring over the sink to remove excess moisture. Repeat process until zucchini is very dry.
- In a medium bowl, stir together **tempura mix**, half the **feta** (you'll use the rest later), remaining **chopped dill** and **garlic powder**, 1/2 cup **cold water** (2/3 cup for 4 servings), 1/2 tsp **salt** (1 tsp for 4), and **pepper** until smooth.
- Stir in zucchini until evenly combined. **TIP: Batter should be very thick but not dry; add a splash of water if necessary.**



6 FINISH & SERVE

- Halve **pitas** crosswise to create pockets; spread insides with as much **creamy dill sauce** as you like. Fill with a few **fritters**, **tomato**, and as much **arugula** as will fit.
- Toss remaining arugula and **feta** in a second medium bowl with a large drizzle of **olive oil**, a squeeze of **lemon juice**, **salt**, and **pepper**.
- Divide **pita pockets** and **salad** between plates. Serve with any remaining creamy dill sauce and fritters on the side.