



# CRUNCHY CHICKPEA SHAWARMA PITA POCKETS

with Hummus & Israeli Veggie Salad

## INGREDIENTS

2 PERSON | 4 PERSON



4 oz | 8 oz  
Grape Tomatoes



1 | 2  
Persian Cucumber



¼ oz | ½ oz  
Dill



13.4 oz | 26.8 oz  
Chickpeas



1 TBSP | 2 TBSP  
Flour  
Contains: Wheat



1 TBSP | 2 TBSP  
Shawarma  
Spice Blend



½ Cup | 1 Cup  
Feta Cheese  
Contains: Milk



2 | 4  
Whole Wheat Pitas  
Contains: Wheat



4 TBSP | 8 TBSP  
Hummus



6 TBSP | 12 TBSP  
Sour Cream  
Contains: Milk



## HELLO

### CHICKPEA SHAWARMA

A crispy, veggie-friendly spin on the classic Middle Eastern dish

PREP: 10 MIN | COOK: 20 MIN | CALORIES: 840



### HOT TIP

After shallow-frying your chickpeas and transferring them to a paper-towel-lined plate in step 2, you'll want to add your seasonings straight away. Doing so with piping-hot food straight out of the oil helps the spices adhere better!

### BUST OUT

- Strainer
- Paper towels
- Large pan
- Large bowl
- Kosher salt
- Black pepper
- Vegetable oil (for frying)
- Olive oil (1 tsp | 1 tsp)

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### 1 PREP

- **Wash and dry all produce.**
- Halve **tomatoes**. Trim and halve **cucumber** lengthwise; thinly slice crosswise into half-moons. Pick and roughly chop fronds from **dill**. Drain and rinse **chickpeas**; pat very dry with paper towels.



### 3 MAKE SALAD & TOAST PITAS

- While chickpeas cook, in a large bowl, toss together **tomatoes, cucumber, dill, feta**, and a drizzle of **olive oil**. Season with **salt** and **pepper**.
- Toast **pitas** until warm and pliable. Halve each pita crosswise to create pockets.



### 2 COOK CHICKPEAS

- Heat a ¼-inch layer of **oil** in a large pan over medium-high heat.
- Sprinkle **chickpeas** with **flour**; toss to evenly coat.
- Once oil is hot enough that a pinch of flour sizzles when added to the pan, add chickpeas and cover. Cook, uncovering to stir once or twice, until crispy, 4-7 minutes.
- Transfer chickpeas to a paper-towel-lined plate; season with **Shawarma Spice, salt**, and **pepper**.
- **TIP: It's natural for chickpeas to pop a bit.**



### 4 ASSEMBLE & SERVE

- Spread **hummus** and **sour cream** inside of each **pita pocket**. Fill with as many **chickpeas** as you like (you may have some left over) and a small amount of **salad**.
- Divide **stuffed pita pockets** between plates. Serve with remaining salad on the side.
- **TIP: Sprinkle your salad with any remaining chickpeas for a crunchy, crouton-like topper!**