



Mediterranean Roasted Veggie Sandwich with Lemony Feta and Arugula Salad

Veggie

30 Minutes



Feta Cheese



Artisan Bun



Zucchini



Sweet Bell Pepper



Arugula and Spinach Mix



Za'atar Spice



Lemon



Garlic



Mayonnaise



Dijon Mustard



Baby Tomatoes



Pepitas

HELLO FETA

Adds the perfect salty briny finish!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Garlic Guide for Step 3 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Extra: 1 tsp

Bust Out

Baking sheet, medium bowl, medium non-stick pan, measuring spoons, zester, large bowl, parchment paper, whisk

Ingredients

	2 Person	4 Person
Feta Cheese	100 g	200 g
Artisan Bun	2	4
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Arugula and Spinach Mix	56 g	113 g
Za'atar Spice	1 tbsp	2 tbsp
Lemon	1	1
Garlic	3 g	6 g
Mayonnaise	2 tbsp	4 tbsp
Dijon Mustard	1 ½ tsp	3 tsp
Baby Tomatoes	113 g	227 g
Pepitas	28 g	56 g
Oil*		
Sugar		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Prep

Core, then quarter the **pepper**. Cut the **zucchini** into ½-inch rounds. Halve the **tomatoes**. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Peel, then mince or grate the **garlic**. Halve the **buns**.



Roast veggies

Toss the **zucchini** and **peppers** with **1 tbsp oil** (dbl for 4 ppl), then the **Za'atar Spice** on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast, in the **middle** of the oven, until zucchini is tender-crisp, 8-10 min. Transfer the **zucchini** to a plate. Flip the **peppers** and push to one side of the sheet. Return the **peppers** to the **middle** of the oven, until tender-crisp, 8-10 min.



Make dressing

Whisk together the **Dijon**, **½ tbsp lemon juice**, **½ tsp sugar** and **1 tbsp oil** (dbl all for 4 ppl) in a large bowl. Add the **arugula** and **spinach mix** and **tomatoes**. Toss to combine. Season with **salt** and **pepper**. Set aside.



Toast buns and assemble

Arrange the **buns**, cut-side up on the other side of the baking sheet with the **peppers**. Toast in the **top** of the oven, until golden-brown, 4-5 min. (**TIP**: Keep your eye on them so they don't burn!) Divide the **lemony feta spread** between **buns**. Top with the **roasted veggies**. Finish with the **top bun**.



Toast pepitas and make lemony feta

While **veggies** roast, heat a medium non-stick pan over medium heat. Add the **pepitas** to the dry pan. Toast, stirring often, until golden-brown 4-5 min. (**TIP**: Keep your eye on them so they don't burn!) Transfer to a plate. Using a fork, mash the **feta** in a medium bowl. Add the **mayo**, **lemon zest** and **¼ tsp garlic**. (**NOTE**: Reference Garlic Guide.) Season with **pepper** and stir to combine.



Finish and serve

Divide the **roasted veggie sandwiches** between plates. Serve the **arugula salad** on the side. Sprinkle the **pepitas** over the **salad**.

Dinner Solved!