



SPICED SWEET POTATO & PEPPER PITA POCKETS

with Feta Sauce, Hummus & a Cucumber Pepita Salad

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Sweet Potato



1 | 2
Green Bell
Pepper



1 | 1
Red Onion



1 TBSP | 1 TBSP
Shawarma Spice
Blend



1 | 2
Cucumber



¼ oz | ¼ oz
Dill



1 | 1
Lemon



½ oz | 1 oz
Pepitas



½ Cup | 1 Cup
Feta Cheese
Contains: Milk



4 TBSP | 8 TBSP
Sour Cream
Contains: Milk



4 TBSP | 8 TBSP
Hummus



2 | 4
Whole Wheat
Pitas
Contains: Wheat

HELLO

FETA SAUCE

Creamy, tangy, and oh-so-savory—meet your new favorite sandwich condiment.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 670



TOSS IT UP

Before assembling your pita pockets in step 6, take a second to give the cucumber salad another good toss and taste. This is the perfect time to adjust seasonings to your liking, adding more salt, pepper, and/or a squeeze of lemon juice!

BUST OUT

- 2 Baking sheets
- Medium bowl
- Small bowl
- Kosher salt
- Black pepper
- Olive oil (5 tsp | 5 tsp)

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1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry all produce.**
- Slice **sweet potato** into ¼-inch-thick rounds. Halve, core, and thinly slice **bell pepper** into strips. Halve, peel, and cut **onion** into ½-inch-thick wedges.



2 ROAST VEGGIES

- Toss **sweet potato**, **bell pepper**, and **onion** on a baking sheet with a large drizzle of **olive oil**, half the **Shawarma Spice (all for 4 servings)**, **salt**, and **pepper**.
- Roast until tender and lightly browned, 15-20 minutes.



3 MAKE SALAD

- Meanwhile, trim and halve **cucumber** lengthwise; thinly slice crosswise into half-moons. Pick and roughly chop fronds from **dill** until you have 2 tsp (4 tsp for 4 servings). Quarter **lemon**.
- In a medium bowl, toss together cucumber, chopped dill, and half the **pepitas** (save the rest for serving) with a drizzle of **olive oil** and a big squeeze of **lemon juice** until combined. Season with **salt** and **pepper**.



4 MAKE FETA SAUCE

- In a small bowl, combine **sour cream**, **2 TBSP feta (4 TBSP for 4 servings)**, and a large drizzle of **olive oil**. (Save the remaining feta for serving.) Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper**.



5 TOAST PITAS

- Halve **pitas** crosswise to create pockets. Place on a second baking sheet.
- When veggies have 2-3 minutes left, add pitas to top rack and toast until warmed through (they should still be soft and flexible).



6 SERVE

- Spread **hummus** inside each **pita half**, then fill with **sweet potato**, **bell pepper**, as many **onion wedges** as you like, and a small amount of **cucumber pepita salad**. Drizzle with **feta sauce** to taste.
- Divide **pita pockets** between plates. Add remaining salad to the side and sprinkle with remaining **pepitas** and **feta**. Serve with any remaining roasted veggies, feta sauce, and **lemon wedges** on the side.