



More than Food

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Sweet Potato Pita Wraps with Golden Raisins and Shaved Vegetable Salad

The sweet-and-smoky combination of roasted sweet potato, golden raisins, and earthy cumin makes for a killer pita filling. A little creamy hummus holds all that deliciousness in place. We've rounded out the plate with a crisp and refreshing shaved vegetable salad to boot.

40 min

level 1

vegan



Sweet Potato



Carrot



Cucumber



Grape Tomatoes



Garlic



Lemon



Mint



Red Onion



Hummus



Pitas



Cumin



Golden Raisins



Almonds, sliced

Ingredients	2 People	4 People
Sweet Potato	12 oz	24 oz
Carrot	6 oz	12 oz
Cucumber	1	2
Grape Tomatoes	4 oz	8 oz
Garlic	2 cloves	4 cloves
Lemon	1	2
Mint	¼ oz	½ oz
Red Onion	1	2
Hummus	2 T	4 T
Pitas	1) 2)	4
Cumin	1 t	2 t
Golden Raisins	1 oz	2 oz
Almonds, sliced	3)	2 oz
Olive Oil*	2 T	4 T

*Not Included

Allergens

1) Wheat

2) Soy

3) Nuts

Tools

Baking Sheet, Medium Pan, Medium Bowl, Peeler, Zester

Ruler

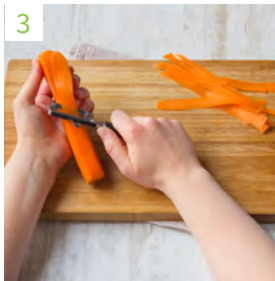
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Nutrition per person Calories: 770 cal | Carbs: 118 g | Fat: 29 g | Protein: 21 g | Fiber: 20 g | Sodium: 564 mg

Make sure to wash and dry produce before prepping or cooking!



1 Roast the sweet potato: Preheat the oven to 400 degrees. Peel and dice the **sweet potato** into ½-inch cubes. Toss the **sweet potato** on a baking sheet with **1 teaspoon olive oil** and a pinch of **salt** and **pepper**. Place in the oven for about 20 minutes, until caramelized and soft.



2 Prep the ingredients: Halve, peel, and finely chop the **red onion**. Quarter the **grape tomatoes**. Mince or grate the **garlic**. Chop the **mint**. Zest and halve the **lemon**.



3 Shave the vegetables: Peel the **carrot** and **cucumber**. Using a vegetable peeler, shave the **carrot** and **cucumber** into ribbons lengthwise. Discard the inner cores.

4 Heat **2 teaspoons olive oil** in a medium pan over medium heat. Add the **onion** and cook, tossing, for 4-5 minutes, until soft. Add the **garlic** and **cumin** and cook for 30 seconds, until fragrant. Add the **raisins** to the pan. Season with **salt** and **pepper**.



5 Once tender, toss the roasted **sweet potatoes** with the **onion mixture** and cook, tossing, for 2-3 minutes. Stir in the **almonds**.

6 Assemble the shaved vegetable salad: In a medium bowl, toss together the **cucumber, tomatoes, carrot, lemon zest, mint, 1 Tablespoon olive oil, a squeeze of lemon, and a pinch of salt and pepper**. Toss to combine.

7 Halve the **pitats** and spread with **hummus**, then fill with the **sweet potato mixture**. Serve the **shaved vegetable salad** to the side and enjoy!