



**HELLO
FRESH**

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Cucumber



¼ oz | ½ oz
Dill



2 | 4
Pitas
Contains: Sesame,
Wheat



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



1 Cup | 2 Cups
Feta Cheese
Contains: Milk



4 oz | 8 oz
Grape Tomatoes



1 | 2
Lemon



½ oz | 1 oz
Pepitas



½ Cup | 1 Cup
Hummus
Contains: Sesame



2 tsp | 4 tsp
Hot Sauce

HUMMUS & CUCUMBER SALAD PITA POCKETS

with Feta, Grape Tomatoes & Creamy Dill Sauce



✓ **READY, SET,
LUNCH!**



ANY ISSUES WITH
YOUR ORDER?
SCAN HERE TO
GET HELP!

TOTAL TIME: 10 MIN | CALORIES: 700



BUST OUT

- Medium bowl
- Small bowl
- Paper towels
- Olive oil (2 tsp | 2 tsp)
- Kosher salt
- Black pepper

SOME ASSEMBLY REQUIRED

No soggy sandwiches! Store prepared veggie salad and sauce in separate containers, then refrigerate with hummus and feta. Ready to eat? Warm pitas, fill, and enjoy!

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HUMMUS & CUCUMBER SALAD PITA POCKETS

with Feta, Grape Tomatoes & Creamy Dill Sauce

INSTRUCTIONS

- **Wash and dry produce.**
- Quarter **cucumber** lengthwise; slice into ½-inch-thick pieces. Halve **tomatoes**. Pick and roughly chop **fronds from dill**. Halve **lemon**. Halve **pitas**.
- In a medium bowl, toss together **cucumber, tomatoes, pepitas, half the dill**, a **large drizzle of olive oil**, and a **squeeze of lemon juice** to taste. Season generously with **salt and pepper**.
- In a small bowl, combine **sour cream, remaining dill**, and a **squeeze of lemon juice** to taste. Season with **salt and pepper**.
- Wrap **pitas** in damp paper towels and place on a plate. Microwave until warm, 20 seconds. Fill each pita with a **bit of hummus, veggie salad, dill sauce, feta**, and **hot sauce** to taste. Serve.