



# HUMMUS & CUCUMBER SALAD PITA POCKETS

with Feta, Grape Tomatoes & Creamy Dill Sauce

## 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



✓ READY, SET,  
LUNCH!



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YOUR ORDER?  
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GET HELP!

TOTAL TIME: 10 MIN | CALORIES: 700



### BUST OUT

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

### 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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### 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.