



# ZA'ATAR-ROASTED ZUCCHINI & PEPPER SANDOS

with Griddled Onion, Sweet Potato Wedges & Harissa Mayo

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 1

Red Pepper Jam



4 TBSP | 8 TBSP

Mayonnaise  
Contains: Eggs



1 | 2

Zucchini



2 | 4

Demi-Baguettes  
Contains: Soy, Wheat



1 TBSP | 1 TBSP

Harissa Powder



½ Cup | 1 Cup

Feta Cheese  
Contains: Milk



1 | 2

Bell Pepper\*



2 | 4

Sweet Potatoes



1 | 2

Onion



1 TBSP | 2 TBSP

Za'atar Spice  
Contains: Sesame



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP  
OR GIVE US A CALL AT (646) 846-3663.

\*The ingredient you received may be a different color.



### HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz  
Chicken Cutlets

Calories: 1110



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 930



# HELLO FRESH

## HELLO

### ZA'ATAR

This popular Middle Eastern spice blend combines herby thyme, nutty sesame seeds, and tart sumac.

### SPICE UP YOUR LIFE

If you're as spice-obsessed as we are, you'll love harissa, a North African chili paste. Here, we use harissa powder to flavor sweet potatoes and mayo with rich, smoky heat. Bonus: You may have a bit left over when you're done cooking. Save it to add oomph to popcorn, eggs, or hummus!

### BUST OUT

- 2 Baking sheets
- Large pan
- Small bowl
- Paper towels
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP (1 tsp | 1 tsp))
- Butter (1 TBSP | 1 TBSP)  
Contains: Milk

### MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

### HOW WAS YOUR MEAL?



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### 1 PREP

- Adjust racks to top and middle positions and preheat oven to 450 degrees. **Wash and dry produce.**
- Cut **sweet potatoes** into ½-inch-thick wedges. Trim and slice **zucchini** crosswise on a diagonal into ½-inch-thick rounds. Halve, core, and slice **bell pepper** into ½-inch-thick strips. Peel and thinly slice **onion** into rounds.



### 4 COOK ONION

- Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add **onion rounds** and cook, undisturbed, until deeply browned and tender, 2-3 minutes per side. Season with **salt** and **pepper**.
- Turn off heat; transfer to a plate. Wipe out pan.

Use pan used for chicken here.



### 2 ROAST VEGGIES

- Toss **sweet potatoes** on a baking sheet with a **drizzle of oil**, **¼ tsp harissa powder** (½ tsp for 4 servings), **salt**, and **pepper**. (Add a pinch more harissa powder if you like things spicy!)
- Toss **zucchini** and **bell pepper** on a second baking sheet with a **drizzle of oil**, **Za'atar Spice**, **salt**, and **pepper**.
- Roast sweet potatoes on top rack and zucchini and bell pepper on middle rack until everything is browned and tender, 20-25 minutes. **TIP: Zucchini and bell pepper may finish before sweet potatoes; check after 15 minutes and if so, remove from oven and continue roasting sweet potatoes.**



### 5 TOAST BAGUETTES

- Halve **baguettes** lengthwise.
- Melt **1 TBSP butter** in pan used for onion over medium heat. Add baguettes, cut sides down, and toast until golden brown, 1-3 minutes. **TIP: Depending on the size of your pan, you may need to toast in batches, using 1 TBSP butter for each batch.**



### 3 MAKE HARISSA MAYO

- While veggies roast, in a small bowl, combine **mayonnaise**, **half the jam** (all for 4 servings), and **¼ tsp harissa powder** (½ tsp for 4). (Add more harissa to taste if desired.) Season with **salt** and **pepper**.

- Pat **chicken\*** dry with paper towels and season with **salt** and **pepper**. Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add chicken; cook until browned and cooked through, 3-5 minutes per side. Turn off heat; transfer to a cutting board to rest. Wipe out pan.



### 6 FINISH & SERVE

- Press **feta** into cut sides of **bottom buns**. Spread cut sides of **top buns** with **harissa mayo** (save some for serving). Fill buns with **zucchini**, **bell pepper**, and **onion**.
- Divide **sandos** and **sweet potato wedges** between plates. Serve with remaining harissa mayo on the side for dipping.

- Slice **chicken** crosswise. Fill **buns** with as much chicken as you like along with **zucchini**, **bell pepper**, and **onion**.

\*Chicken is fully cooked when internal temperature reaches 165°.