



# HARISSA SWEET POTATO PITA POCKETS

with Cucumber Dill Salad



**HELLO**  
**HARISSA MAYO**  
 This creamy condiment gets a kick from the North African spice blend.

**PREP: 10 MIN** | **TOTAL: 30 MIN** | **CALORIES: 730**



Sweet Potatoes



Garlic



Dill



Mayonnaise  
(Contains: Eggs)



Whole Wheat Pitas  
(Contains: Wheat)



Harissa Powder



Cucumber



Avocado



White Wine Vinegar



Pepitas

## START STRONG


If you have a moment, toast the pepitas in a dry pan over medium-low heat to bring out some extra nutty flavors.

## BUST OUT

- 2 Baking sheets
- Small bowl
- Medium bowl
- Olive oil (2 tsp | 4 tsp)

## INGREDIENTS

Ingredient 2-person | 4-person

- |  |                    |
|--|--------------------|
| • Sweet Potatoes   | 2   4              |
| • Harissa Powder  | 1 TBSP   2 TBSP    |
| • Garlic   | 1 Clove   2 Cloves |
| • Cucumber   | 1   2              |
| • Dill   | ¼ oz   ½ oz        |
| • Avocado  | 1   2              |
| • Mayonnaise   | 3 TBSP   4 TBSP    |
| • White Wine Vinegar   | 5 tsp   10 tsp     |
| • Whole Wheat Pitas  | 2   4              |
| • Pepitas  | 1 oz   2 oz        |

## WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



## 1 ROAST SWEET POTATOES

**Wash and dry all produce.** Adjust rack to middle position and preheat oven to 450 degrees. Slice **sweet potatoes** into ¼-inch-thick rounds. Toss on a baking sheet with a drizzle of **olive oil**, **1 tsp harissa powder** (we'll use more later), and a pinch of **salt** and **pepper**. Roast, flipping halfway through, until tender, about 20 minutes.



## 4 MAKE CUCUMBER SALAD

In a medium bowl, toss **cucumber**, **chopped dill**, **vinegar**, a drizzle of **olive oil**, and a pinch of **salt** and **pepper**.



## 2 PREP

Mince or grate **1 clove garlic** (we sent more). Halve **cucumber** lengthwise, then slice into thin half-moons. Pick and roughly chop enough fronds from **dill** to give you 2 tsp. Halve, pit, and peel **avocado**, then thinly slice.



## 5 TOAST PITAS

Cut **pitas** in half to create four pockets and place on another baking sheet. When **sweet potatoes** are almost done, after 18-20 minutes of roasting, put pitas in oven. Toast until warmed through, 2-3 minutes (they should still be soft and flexible). **TIP:** If there's room, you can place pitas on the same baking sheet as sweet potatoes instead.



## 3 MAKE HARISSA MAYO

In a small bowl, combine **3 TBSP mayonnaise** (we sent more), a pinch of **garlic**, and a pinch of **harissa powder**. Give mixture a taste and add more garlic and harissa powder as desired. Season with **salt** and **pepper**.



## 6 FINISH AND SERVE

Spread **harissa mayo** inside each **pita** half, then fill with **sweet potatoes**, **avocado**, a few **pepitas**, and a small amount of **cucumber salad**. Divide stuffed pitas between plates. Add remaining cucumber salad to the side and sprinkle with remaining pepitas.

## FILL 'ER UP!

These pitas are fully loaded with veggie deliciousness.

Share your #HelloFreshPics with us! | (646) 846-3663 [HelloFresh.com](https://www.hellofresh.com) | [hello@hellofresh.com](mailto:hello@hellofresh.com)

WK 49 NJ-10