



Herby Yogurt Dip

with Veggies and Garlic Pita Crisps

Half pita, half veggies • 15 Minutes



Greek Yogurt



Pita Bread



Carrot



Sweet Bell Pepper



Parsley



Garlic



Garlic Salt

HELLO GREEK YOGURT

High in protein, creamy and perfect for dipping!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust Out

Baking sheet, medium bowl, vegetable peeler, measuring spoons

Ingredients

	2 Person
Greek Yogurt	200 g
Pita Bread	2
Carrot	340 g
Sweet Bell Pepper	160 g
Parsley	7 g
Garlic	3 g
Garlic Salt	1 tsp
Oil*	
Pepper*	

* Pantry items

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Prep

Peel, then cut **carrots** into ½-inch matchsticks. (**TIP:** For super crisp and crunchy carrot sticks, plunge them into a large bowl of ice water! Pat dry with a clean towel before serving.) Core, then cut **pepper** into ½-inch slices. Roughly chop **parsley**. Peel, then mince or grate **garlic**. Cut **each pita** into **8 equal wedges**.



3 Make herby yogurt dip

Add **yogurt**, **remaining garlic salt** and **remaining parsley** to a medium bowl. Season with **pepper**, then stir to combine.



2 Make garlic pita crisps

Add **pita wedges**, **garlic**, **half the parsley**, **half the garlic salt** and **1 tbsp oil** to a baking sheet. Season with **pepper**, then toss to coat. Arrange in a single layer. Bake in the **top** of the oven, until golden and crisp, 4-6 min.



4 Finish and serve

Transfer **yogurt dip** to a serving bowl, if desired. Arrange **herby yogurt dip**, **pita crisps**, **carrots** and **peppers** on a serving platter.