



# Mediterranean Roasted Veggie Sandwich

with Lemony Feta and Arugula Salad

**VEGGIE** 30 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



- Feta Cheese
- Artisan Bun
- Zucchini
- Sweet Bell Pepper
- Baby Arugula
- Za'atar Spice
- Lemon
- Garlic
- Mayonnaise
- Dijon Mustard
- Mini Cucumber
- Pepitas

**HELLO FETA**  
Adds the perfect salty briny finish!

## START HERE

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

### Garlic Guide for Step 3 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Extra-spicy: 1 tsp

### Bust Out

Baking Sheet, Medium Bowl, Medium Non-Stick Pan, Measuring Spoons, Zester, Large Bowl, Whisk, Garlic Press, Parchment Paper

### Ingredients

	2 Person	4 Person
Feta Cheese	100 g	200 g
Artisan Bun	2	4
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Baby Arugula	56 g	113 g
Za'atar Spice	1 tbsp	2 tbsp
Lemon	1	1
Garlic	3 g	6 g
Mayonnaise	2 tbsp	4 tbsp
Dijon Mustard	1 ½ tsp	3 tsp
Mini Cucumber	66 g	132 g
Pepitas	28 g	56 g
Sugar*	½ tsp	1 tsp
Oil*		
Salt and 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.*

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## 1. PREP

Core, then quarter the **pepper(s)**. Cut the **zucchini** into ½-inch rounds. Cut the **cucumbers** into ½-inch half-moons. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Peel, then mince or grate the **garlic**. Halve the **buns**.



## 4. MAKE DRESSING

Whisk together the **Dijon**, ½ **tbsp lemon juice**, ½ **tsp sugar** and 1 **tbsp oil** (dbl all for 4 ppl) in a large bowl. Add the **arugula** and **cucumbers**. Toss to combine. Season with **salt and pepper**. Set aside.



## 2. ROAST VEGGIES

Toss the **zucchini** and **peppers** with 1 **tbsp oil** (dbl for 4 ppl), then the **za'atar** on a parchment-lined baking sheet. Season with **salt and pepper**. Roast, in the **middle** of the oven, until tender-crisp, 8-10 min. Transfer the **zucchini** to a plate. Flip the **peppers**. Return the **peppers** to the **middle** of the oven, until tender-crisp, 8-10 min.



## 5. TOAST BUNS AND ASSEMBLE

Arrange the **buns**, cut-side up on the other side of the baking sheet with the **peppers**. Toast in the **top** of the oven, until golden-brown, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!) Divide the **feta-lemon spread** among **buns**. Top with the **roasted veggies**. Top with the top **bun**.



## 3. TOAST PEPITAS AND MAKE FETA SPREAD

While **veggies** roast, heat a medium non-stick pan over medium heat. Add the **pepitas** to the dry pan. Toast, stirring often, until golden-brown 4-5 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a plate. Using a fork mash the **feta** in a medium bowl. Add the **mayo**, **lemon zest** and ¼ **tsp garlic**. (**NOTE:** Reference Garlic Guide.) Season with pepper and stir to combine.



## 6. FINISH AND SERVE

Divide the **roasted veggie sandwiches** between plates. Serve the **arugula salad** on the side. Sprinkle the **pepitas** over the **salad**.

# Dinner Solved!