














# Mediterranean Roasted Veggie Sandwich with Lemony Feta and Arugula Salad

Veggie

30 Minutes



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

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

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

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

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

## Bust Out

Baking sheet, medium bowl, medium non-stick pan, measuring spoons, zester, large bowl, parchment paper, whisk

## 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
Baby Tomatoes	113 g	227 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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## Prep

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



## 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 **tomatoes**. Toss to combine. Season with **salt** and **pepper**. Set aside.



## Roast veggies

Toss the **zucchini** and **peppers** with **1 tbsp oil** (dbl for 4 ppl), then the **Za'atar Spice** 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** and push to one side of the sheet. Return the **peppers** to the **middle** of the oven, until tender-crisp, 8-10 min.



## 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 **lemony feta** among **buns**. Top with the **roasted veggies**. Finish with the **top bun**.



## Toast pepitas and make lemony feta

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 **1/4 tsp garlic**. (**NOTE:** Reference Garlic Guide.) Season with **pepper** and stir to combine.



## 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!