



Mediterranean Spiced Sweet Potato Wrap

with Cilantro Raita













VEGGIE 35 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!



-  Sweet Potato
-  Spring Mix
-  Mediterranean Spice Blend
-  Pita Bread
-  Sweet Bell Pepper
-  Heirloom Tomatoes
-  Cucumber
-  Greek Yogurt
-  Feta Cheese
-  Cilantro
-  Hummus
-  White Wine Vinegar

HELLO RAITA

A cooling cucumber and yogurt condiment!

START HERE

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

Bust Out

2 Baking Sheets, Large Bowl, Box Grater, Small Bowl, Whisk, Silicone Brush, Measuring Spoons, Parchment Paper

Ingredients

	2 Person	4 Person
Sweet Potato	340 g	680 g
Spring Mix	56 g	113 g
Mediterranean Spice Blend	1 tbsp	2 tbsp
Pita Bread	2	4
Sweet Bell Pepper	160 g	340 g
Heirloom Tomatoes	113 g	227 g
Cucumber	66 g	133 g
Greek Yogurt	100 g	200 g
Feta Cheese	¼ cup	½ cup
Cilantro	7 g	14 g
Hummus	57 g	114 g
White Wine Vinegar	2 tbsp	4 tbsp
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. ROAST VEGGIES

Core then cut the **pepper** into 1-inch pieces. Cut the **sweet potatoes** into ½-inch fries. Toss the **sweet potatoes** and **peppers** with the **Mediterranean spice blend** and **1 tbsp oil** (dbl for 4 ppl) on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, flipping halfway through cooking, until golden-brown and tender, 22-23 min. (**NOTE:** Use 2 baking sheets for 4ppl.)



4. DRESSING

Whisk together **2 tbsp oil**, **½ tsp sugar** (dbl both for 4ppl) and **remaining vinegar** in a large bowl. Season with **salt** and **pepper**. Set aside.



2. PREP

While the **veggies** roast, roughly chop the **cilantro**. Halve the **tomatoes**. Coarsely grate **cucumber** into a small bowl.



5. TOAST PITAS

Arrange **pitas** on another baking sheet. Brush **each half** with **½ tsp oil** and season with **salt** and **pepper**. Bake in the **top** of the oven, until warmed through, 2-3 min.



3. MAKE RAITA

Add the **yogurt**, **cilantro** and **half the vinegar** to the small bowl with the **cucumber** and stir to combine. Season with **salt** and **pepper**. Set aside.



6. TOSS SALAD AND SERVE

Add the **tomatoes** and **spring mix** to the large bowl with the dressing and toss to coat. Divide the **pitas** between plates and top with **hummus**, **roasted veggies**, **feta** and **cucumber raita**. Serve with the **salad** on the side.

Dinner Solved!