

Dukkah-Spiced Bocconcini Wraps

with Hummus and Pickled Onions

Veggie

Spicy

Quick

25 Minutes



Hummus

Start here

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

Bust out

Baking sheet, medium bowl, measuring spoons, silicone brush, strainer, small non-stick pan, large bowl, small pot, whisk, paper towels

Ingredients

3. 5 55		
	2 Person	4 Person
Bocconcini Cheese	100 g	200 g
Dukkah Spice	½ tbsp	1 tbsp
Arugula and Spinach Mix	56 g	113 g
Harissa Spice Blend 🤳	½ tbsp	1 tbsp
Pita Bread	2	4
Red Onion, sliced	56 g	113 g
White Wine Vinegar	1 tbsp	2 tbsp
Hummus	4 tbsp	8 tbsp
Beefsteak Tomato	170 g	340 g
Sugar*	½ tbsp	1 tbsp
Oil*		
Salt and Pepper*		

^{*} Pantry items

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

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



Make pickled onions

Add onions, vinegar, 1 tbsp water and ½ tbsp sugar (dbl both for 4 ppl) to a small pot. Bring to a simmer over medium-high heat. Once simmering, cook, stirring often, until sugar dissolves, 1-2 min. Remove the pot from heat. Transfer **onions**, including **liquid**, to a medium bowl. Place in the fridge to cool.



Prep

Meanwhile, cut tomato into ½-inch pieces. Pat bocconcini dry with paper towels, then cut each bocconcini into quarters. Season with salt.



Toast pitas

Arrange **pitas** on an unlined baking sheet, then brush with ½ tbsp oil. (NOTE: For 4 ppl, use 2 baking sheets, with ½ tbsp oil per sheet.) Bake in the **middle** of the oven until golden-brown, 3-4 min. (NOTE: For 4 ppl, bake in the middle and top of the oven.)



Prep bocconcini

Meanwhile, heat a small non-stick pan over medium heat. When hot, add 1/2 tbsp Dukkah Spice and 1/2 tbsp Harissa Spice Blend (dbl both for 4 ppl). Toast, stirring often, until fragrant, 1-2 min. Add 1/2 tbsp oil (dbl for 4 ppl). Remove the pan from heat. Add bocconcini, then toss until **bocconcini** is coated with **spice** mixture. Transfer bocconcini to a plate.



Make salad

Strain pickled onions over a large bowl, reserving pickling liquid. Whisk 1 tbsp oil (dbl for 4 ppl) into pickling liquid, then season with salt and pepper. Add tomatoes and arugula and spinach mix. Season with salt and pepper, to taste, then toss to combine.



Finish and serve

Spread hummus over toasted pitas. Top with some salad, dukkah-spiced bocconcini and half the pickled onions. Roll up pitas. Divide pitas and remaining salad between plates. Top salad with remaining pickled onions.

Dinner Solved!

Contact

Call or email us | (855) 272-7002 hello@hellofresh.ca HelloFresh.ca

