



Lemon Broccoli, Chickpea and Avocado Pita Sandwiches

Prep Time: 20 min

Cook Time: 10 min

Serves: 4

NUTRITION FACTS, PER SERVING:

682 calories

37.3 g fat

940 mg sodium



INGREDIENTS: ** Items not included in kit

Broccoli Chickpea Salad

- 3/4 lb. broccoli florets, sliced thin
- 1 (15 oz.) can chickpeas, rinsed and drained
- 1/3 cup sun-dried tomatoes, chopped
- 1/3 cup finely chopped red onion
- 1/3 cup crumbled feta cheese

Lemon Dressing

- ¼ cup olive oil**
- 1 lemon juiced, (about 2 TB lemon juice)
- 1 ½ tsp Dijon mustard
- 1 1/2 tsp honey
- 1 clove garlic, minced
- ¼ teaspoon salt**
- Pinch red pepper flakes

Everything else

- Avocado
- Salt & black pepper, to taste**
- 4 pita pocket breads

DIRECTIONS:

1. **Broccoli Chickpea Salad:** Slice the **broccoli florets** into thin slices and chop the **sundried tomatoes**. Rinse and drain the can of **chickpeas**. In a large mixing bowl, combine all of the ingredients listed under **Broccoli Chickpea Salad** and toss to combine.
2. **Lemon Dressing:** Juice the **lemon**. Peel and mince **1 garlic clove**. In a small bowl, combine all the ingredients listed under **Lemon Dressing**. Whisk the ingredients together until emulsified. The dressing should be a little tart, but if it's too tart, add a little more honey to balance the flavors. If it's not tart enough for taste, add a little more lemon juice.
3. Pour the **Lemon Dressing** over the **Broccoli Chickpea Salad** and toss to combine. Place in refrigerator to marinate for at least 15 minutes.
4. **Mashed Avocado:** Halve and pit **avocados** then scoop the flesh of the avocado into a bowl. Mash with a fork until mostly mashed, and spreadable. Season with a pinch of **salt and black pepper**, to taste.
5. To prepare the **pita breads**, warm them for a few minutes in the oven at 400 degrees, or in a toaster oven. Slice in half to open the pita pockets.
6. To assemble: Spread **mashed avocado** inside the warmed **pita pocket** and then place a few spoonful's of the **Broccoli Chickpea Salad** inside.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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