

# Marinated Vegetable Pita



*Because we are thinking of what our guests at The Vegan Cypress can take as packed lunch for their excursions in the Umbrian landscape – a good vegan sandwich idea is always welcome.*

*These pita pockets with marinated Italian vegetables and cannellini bean hummus are just the perfect choice for a summery day under Italian's sun.*

*Sun kissed red peppers and zucchini with olives and sun dried tomatoes, all marinated in healthy Italian olive oil.*

## Ingredients

- 4 pita pockets (small)
- 1 big carrot
- 1 red bell pepper
- 1 small zucchini
- 1 handful black olives
- 1 handful shredded cabbage
- 1 handful sundried tomatoes
- 1 garlic clove
- 1 tablespoon olive oil
- dried Italian herbs
- herb salt to taste
- black pepper to taste

### For the bean hummus:

- 1 tin cannellini beans
- 1 tablespoon tahini
- juice of ½ lemon
- 1 garlic clove
- cayenne pepper to taste
- 2 tablespoons olive oil
- herb salt
- black pepper

## Instructions

### Vegetables

- Cut the red bell pepper in 2 cm strips and the zucchini in fine slices
- Marinate the vegetables in a bowl with olive oil, garlic, herbs, salt and pepper; let it marinate for half an hour, stir once in a while; in the meantime you can prepare the bean hummus.
- Fry the zucchini and red bell peppers in the marinated oil at medium heat for 3 minutes. They should just start to become soft.
- Turn off the heat and add shredded carrots and shredded cabbage. Mix everything well with the marinate.

### Hummus

- rinse the beans from the tin and put them with the tahini, lemon juice, pressed garlic and olive oil in a food blender.
- spice to taste with cayenne, salt and black pepper and process it to a smooth paste if too sticky – add a bit of olive oil or water
- Cut the pita pockets at the long edge (if you only got big pita pockets – best is to cut them in halves).
- Fill one spoon of the bean hummus in the pockets, press the pockets gently to spread evenly the hummus in all corners.
- Open the pockets again and fill them with the vegetable mixture, add on top some sundried tomatoes and black olives.