



## Portokalos-Style Sheet Pan Plant Chicken

with Crispy Chickpeas



30min



2 Servings

When the Portokalos family isn't roasting a lamb in their front yard, they turn to this easy sheet pan recipe! Ras el hanout flavors chickpeas that bake to a crispy finish alongside peppers, onions, and tender plant-based chicken. A toasted pita with a drizzle of lemon-garlic cream sauce completes this bountiful plate. Use that time saved on dinner prep to see My Big Fat Greek Wedding 3, only in theaters September 8!



## What we send

- 1 red onion
- 1 bell pepper
- 15 oz can chickpeas
- ¼ oz ras el hanout
- 1 lemon
- garlic
- 2 (1 oz) sour cream <sup>7</sup>
- ¼ oz fresh parsley
- 2 Mediterranean pitas <sup>1,6,11</sup>
- 8 oz pkg plant-based chicken <sup>6</sup>

## What you need

- olive oil
- kosher salt & ground pepper

## Tools

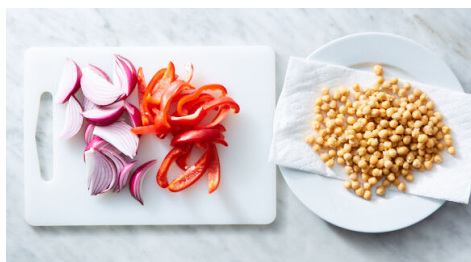
- rimmed baking sheet
- microplane or grater

## Allergens

Wheat (1), Soy (6), Milk (7), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 710kcal, Fat 31g, Carbs 93g, Protein 45g



### 1. Prep ingredients

Preheat broiler with a rack in the upper third.

Halve **onion**, then cut through the root end into ½-inch slices. Halve **pepper**, discard stem and seeds, then cut into ½-inch slices. Drain and rinse **chickpeas**, then pat very dry with paper towels.



### 4. Broil plant chicken

When **veggies and chickpeas** have roasted 10-15 minutes, remove baking sheet from oven. Lay **plant-based chicken** over veggies and chickpeas, return to upper oven rack and continue broiling until veggies are tender and charred, chickpeas are deeply golden and crisp, and plant chicken is golden and warm, 5-8 minutes more (watch closely as broilers vary).



### 2. Broil veggies & chickpeas

On a rimmed baking sheet, toss **onions, peppers, and chickpeas** with **ras el hanout, 2 tablespoons oil, and a generous pinch each of salt and pepper**. Broil on upper oven rack until veggies start to soften and char in spots and chickpeas are golden and starting to crisp, 10-15 minutes (watch closely).



### 5. Toast pitas

Coarsely chop **parsley**.

Brush **pitas** generously with **oil**. Broil directly on top oven rack until lightly toasted, 1-2 minutes per side (watch closely).



### 3. PLANT CHICKEN VARIATION

Meanwhile, pat **plant chicken** dry. Rub all over with **oil** and season with **salt and pepper**.

Squeeze **1 tablespoon lemon juice** into a small bowl; grate in **¼ teaspoon garlic** and whisk in **all of the sour cream**; season to taste with **salt and pepper**. Cut **remaining lemon** into wedges.



### 6. Serve

Top **pitas** with **plant-based chicken, veggies, and chickpeas**. Drizzle with **sour cream sauce** and sprinkle with **parsley**. Serve with **lemon wedges** for squeezing. Enjoy!