

DINNERLY



Low-Cal Mediterranean Chicken Pita

No chopping. No slicing. No knife required!



20-30min



2 Servings

Dinner needs to be on the table ASAP. Do you A) Order take-out for the umpteenth time? Or B) Make this chicken pita? Personally, we'd choose B. This dish requires absolutely no prepwork—just season and cook the chicken, warm the pitas, and toss the spinach in a quick homemade dressing. So put your knife away and enjoy your Dinnerly without the stress or mess! We've got you covered!

WHAT WE SEND

- ½ lb pkg chicken breast strips
- ¼ oz ground coriander spice
- 2 Mediterranean pitas ^{1,6,11}
- 3 oz baby spinach
- 4 oz tzatziki ^{7,15}

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- white wine vinegar (or apple cider vinegar) ¹⁷
- sugar

TOOLS

- medium nonstick skillet

ALLERGENS

Wheat (1), Soy (6), Milk (7), Sesame (11), Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 530kcal, Fat 31g, Carbs 37g, Protein 36g



1. Season chicken

Pat **chicken** dry, then toss in a medium bowl with **1 teaspoon coriander**, **½ teaspoon salt**, and **a few grinds of pepper**; set aside until step 3.



2. Warm pitas & cook chicken

Brush both sides of each **pita** with **oil**. Heat a medium nonstick skillet over medium-high. Cook **pitas**, one at a time, until lightly toasted and warmed through, about 1 minute per side. Transfer to a plate; cover to keep warm.

Heat **1 tablespoon oil** in same skillet over medium-high. Add **chicken**; cook until browned on both sides and cooked through, 3–4 minutes.



3. Make salad & serve

In a medium bowl, whisk to combine **1 tablespoon each of oil and vinegar** with **a pinch of sugar**; season to taste with **salt** and **pepper**. Add **spinach**; toss to coat. Spread **some of the tzatziki** over each **pita**, then top with **some of the salad and chicken**. Drizzle with **remaining tzatziki**.

Serve **chicken pitas** with **remaining salad** alongside. Enjoy!



4. ...

What were you expecting, more steps?



5. ...

You're not gonna find them here!



6. ...

Kick back, relax, and enjoy your Dinnerly!