

# DINNERLY



## Falafel & Chicken Pita with Tzatziki & Tomato Salad



30-40min



2 Servings

We PITA the fool who chooses takeout over this crispy falafel pita. With our ready-made falafel mix and tzatziki sauce, it's just what you need to spice up your week (the easy way). We've got you covered!

## WHAT WE SEND

- 2 plum tomatoes
- 1 yellow onion
- ½ lb pkg falafel
- 2 Mediterranean pitas <sup>1,2,3</sup>
- 4 oz tzatziki <sup>4,5</sup>
- ½ lb pkg chicken breast strips

## WHAT YOU NEED

- garlic
- red wine vinegar (or apple cider vinegar)
- neutral oil
- kosher salt & ground pepper

## TOOLS

- medium nonstick skillet

## ALLERGENS

Sesame (1), Soy (2), Wheat (3), Milk (4), Tree Nuts (5). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 830kcal, Fat 44g, Carbs 78g, Protein 46g



### 1. Prep ingredients

Cut **tomatoes** into ½-inch pieces. Finely chop ¼ cup **onion** and 1 **teaspoon garlic**.

Shape **falafel** into 4 (½-inch thick) **patties**.

Pat **chicken** dry, then season all over with **salt** and **pepper**.



### 2. Marinate tomatoes

In a medium bowl, whisk to combine 1 **tablespoon vinegar** and 2 **tablespoons oil**. Stir in **tomatoes, chopped garlic**, and **onions**; season to taste with **salt** and **pepper**; set aside until ready to serve.



### 3. Toast pitas

Brush both sides of each **pita** lightly with **oil**. Heat a medium nonstick skillet over medium. Add 1 pita at a time and toast until warmed through, about 1 minute per side. Wrap in foil or a clean kitchen towel as you go to keep warm.



### 4. Cook chicken

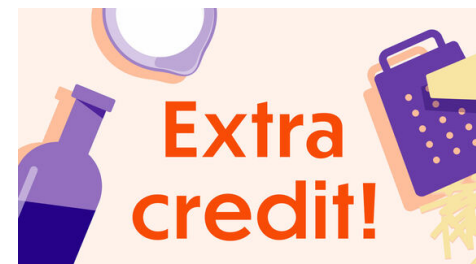
Heat 1 **tablespoon oil** in same skillet over medium-high. Add **chicken** in a single layer and cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and cook until cooked through, about 2 minutes more. Transfer to a plate and cover to keep warm.



### 5. Fry falafel & serve

Heat 3 **tablespoons oil** in same skillet over medium-high. Add **falafel** and cook until golden-brown, 2–3 minutes per side. Transfer to a paper towel-lined plate and season with **salt**.

Serve **toasted pitas** topped with **chicken, falafel, tzatziki**, and **some of the tomato salad**. Serve **remaining salad** alongside. Enjoy!



### 6. How to: shallow fry!

We have some quick tricks for the perfect crunch. Make sure your oil is hot: it should reach 350°F with an oil thermometer. If you drop a pinch of flour into the oil, it should sizzle vigorously. When working in batches, make sure your oil comes back up to temperature before frying (if it's browning too quickly, reduce the heat). If too low, the falafel will turn out oily instead of crispy.