



Fast! BBQ Chicken Flatbread

with Romaine-Cilantro Salad



ca. 20min



2 Servings

Pita is a staple in Mediterranean and Middle Eastern cuisine, but don't limit it to just that! Here, we use it as the crust for our California-style BBQ chicken pizza. Tender strips of chicken breast are cooked in a tangy BBQ sauce and then baked on the pita with a generous topping of cheese. Served alongside a fresh, crisp salad with a mustard dressing, this is sure to delight all those around your table.

What we send

- 2 Mediterranean pitas ^{1,6,11}
- 1 yellow onion
- 10 oz pkg chicken breast strips
- 2 (2 oz) barbecue sauce
- 1 romaine heart
- ¼ oz fresh cilantro
- 1 pkt Dijon mustard ¹⁷
- 2 (2 oz) shredded cheddar-jack blend ⁷

What you need

- neutral oil
- red wine vinegar (or white wine vinegar)
- kosher salt & ground pepper
- sugar

Tools

- rimmed baking sheet
- medium nonstick skillet

Allergens

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

Nutrition per serving

Calories 940kcal, Fat 46g, Carbs 80g, Protein 58g



1. Toast pita & prep onions

Preheat broiler with a rack in the upper third. Lightly **oil** each **pita** on one side; transfer to a rimmed baking sheet, oiled-side up. Broil on upper oven rack until toasted, 2-4 minutes (watch closely as broilers vary). Remove from oven and flip; set aside until step 4.

Meanwhile, halve and thinly **slice onion**. Reserve ¼ cup of the onions for step 4.



4. Assemble flatbreads

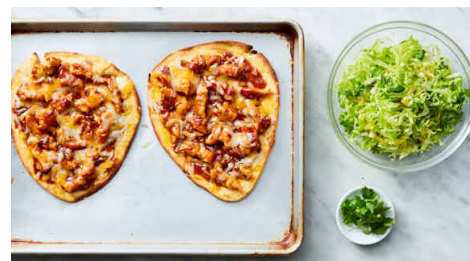
Divide **BBQ chicken and onions** between **pita**, spreading to cover surface. Top with **shredded cheddar-jack cheese**. Brush edges of pita with **oil**.

Broil on upper oven rack until cheese is melted and pita is golden, 3-5 minutes (watch closely).



2. Cook chicken & onions

Pat **chicken** very dry; season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in medium nonstick skillet over medium-high. Add chicken and cook until browned, 3-5 minutes. Add **remaining sliced onions**; cook, stirring, until softened, about 5 minutes. Add **all of the barbecue sauce** and **2 tablespoons water**; bring to a simmer, stirring to coat, about 1 minute.



5. Finish

Add **lettuce** and **all but 1 tablespoon cilantro** to bowl with **dressing**; toss to coat.

Serve **flatbread** sprinkled with **remaining cilantro** alongside **salad**.



3. Prep ingredients

Meanwhile, thinly slice **lettuce** crosswise; discard stem end. Coarsely chop **cilantro leaves and stems**.

In a medium bowl, stir to combine **Dijon mustard**, **½ teaspoon sugar**, **2 tablespoons oil**, and **2 teaspoons vinegar**. Season dressing to taste with **salt** and **pepper**. Stir in **reserved ¼ cup onions**.



6. Serve

Enjoy!