



## Sabich Platter with Chicken Strips

Toasted Pita, Hummus & Chopped Salad



45min



2 Servings

The best thing about a platter of food is having free rein to eat it however you want! We've deconstructed the sabich, an Israeli sandwich made with fried eggplant, hard boiled eggs, and a refreshing chopped salad all stuffed inside a pita. Add in lean chicken strips, marinated red cabbage and our creamy, ready-made hummus for a vegetarian meal that's anything but boring.



## What we send

- 1 eggplant
- 1 lb red cabbage
- ¼ oz sumac
- 10 oz pkg chicken breast strips
- 1 cucumber
- 1 plum tomato
- 1 shallot
- ¼ oz za'atar spice blend <sup>11</sup>
- 2 Mediterranean pitas <sup>1,6,11</sup>
- 1 oz cornichons <sup>17</sup>
- 4 oz hummus <sup>11</sup>

## What you need

- kosher salt & ground pepper
- red wine vinegar (or vinegar of your choice)
- sugar
- 2 large eggs <sup>3</sup>
- olive oil
- neutral oil

## Tools

- rimmed baking sheet
- small saucepan
- large heavy skillet (preferably cast-iron)

## Allergens

Wheat (1), Egg (3), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 1240kcal, Fat 79g, Carbs 88g, Protein 57g



### 1. Prep eggplant & cabbage

Cut **eggplant** crosswise into ¼-inch thick slices. Spread in a single layer on a paper towel-lined rimmed baking sheet; generously sprinkle with **salt**.

Finely shred **2 cups cabbage**. Add to a medium bowl with **2 teaspoons vinegar** and **½ teaspoon each of salt, sugar, and sumac**; massage until tender. Set aside until step 6. Pat **chicken** dry; season with **salt** and **pepper**.



### 4. Fry eggplant

Preheat broiler with a rack in the center.

Heat a ½-inch layer of **neutral oil** in a large heavy skillet over medium-high. Use a paper towel to press excess liquid out of **eggplant**.

Working in batches, fry eggplant until golden, 3–4 minutes per side (adjust heat and add more oil as needed). Transfer to a wire rack placed on a rimmed baking sheet; sprinkle with **za'atar**.



### 2. Cook eggs & make dressing

Place **2 large eggs** in a small saucepan and fill with enough water to cover by 1 inch. Bring to a boil over high heat. Cover, remove from heat, and let sit until eggs are set, about 10 minutes. Use a slotted spoon to transfer eggs to a bowl of **ice water**.

In a second medium bowl, whisk together **3 tablespoons olive oil**, **1 tablespoon vinegar**, and **¼ teaspoon sugar**.



### 5. CHICKEN VARIATION

Lightly brush **pitas** with **oil**. Broil directly on center oven rack until soft, about 1 minute per side (watch closely as broilers vary).

Heat **1 tablespoon oil** in a medium 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.



### 3. Make chopped salad

Halve **cucumber** crosswise; peel one half (save other half for own use). Halve lengthwise, scoop out and discard seeds, and cut into ½-inch pieces. Core and cut **tomato** into ½-inch pieces. Thinly slice **shallot**.

To bowl with **dressing**, add cucumbers, tomatoes, and shallots; season to taste with **salt** and **pepper**.

Peel **cooled eggs**, then cut into quarters.







### 6. Assemble & serve

Plate **eggplant** with **chicken**, **chopped salad**, **marinated cabbage**, **eggs**, and **cornichons** alongside. Using the back of a spoon, create a shallow well in center of **hummus**; drizzle with **olive oil** and sprinkle with **sumac**.

Serve **sabich platter** with **pita** alongside for tearing and scooping. enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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