



Easy Prep! Chicken Bifteki & Lemon Potatoes

with Roasted Zucchini & Tzatziki



30-40min



2 Servings

These Greek-inspired chicken meatballs are tender and juicy, but remarkably light thanks to lots of lemon, garlic, and fresh herbs. Roasted lemon potatoes are a Greek staple, and here we use the microwave to speed up the process while retaining those classic flavors. Simple roast zucchini rounds out this easy sheet pan dinner before we load it with creamy tzatziki and fresh dill.

What we send

- 2 potatoes
- 2 zucchini
- garlic
- 1 lemon
- 1 pkt chicken broth concentrate
- ¼ oz dried oregano
- ¼ oz fresh dill
- 10 oz pkg ground chicken
- 1 oz panko ¹
- 4 oz tzatziki ^{7,15}

What you need

- olive oil
- kosher salt & ground pepper
- 1 large egg ³
- red wine vinegar (or white wine vinegar)

Tools

- microwave
- parchment paper
- rimmed baking sheet
- microplane or grater

Allergens

Wheat (1), Egg (3), Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 740kcal, Fat 35g, Carbs 67g, Protein 46g



1. Prep potatoes & zucchini

Scrub **potatoes**; prick twice with a fork. Place on a microwave-safe plate and microwave on high for 5 minutes. Flip and continue to microwave until easily pierced with a knife, 3-5 minutes more.

Quarter **zucchini** and cut into 2-inch long spears. On a parchment-lined rimmed baking sheet, toss zucchini with **1 tablespoon oil** and **a pinch each of salt and pepper**.



4. Shape bifteki

Preheat broiler with a rack in the top position (about 4 inches from the heating element). Knead **meat mixture** well and evenly divide into 6 balls; arrange around baking sheet with **zucchini**.



2. Season potatoes

Finely grate **2 medium garlic cloves** into a large bowl. Into a small bowl, finely grate **lemon zest**; reserve for step 3. To bowl with garlic, juice **half the lemon**. Stir in **broth concentrate, 1 teaspoon oregano**, and **2 tablespoons oil**. Cut **cooked potato** into 1½-inch pieces. Add to bowl with lemon juice, mix well, and season to taste with **salt** and **pepper**.



5. Broil

Broil baking sheet on top rack until **potatoes and zucchini** are golden brown and **bifteki** is browned and cooked through, 5-8 minutes (watch closely as broilers vary. Flip potatoes if they are getting too dark before bifteki and zucchini are cooked).



3. Mix bifteki

Transfer **potatoes** to baking sheet with **zucchini**; reserve bowl. Pick **dill fronds** from **stems**; reserve fronds for step 6 and finely chop stems. Into reserved bowl, finely grate **2 medium cloves garlic**. Add **chicken, lemon zest, chopped dill stems, panko, 1 large egg, 1½ teaspoons salt**, and **1 teaspoon each oregano, ground pepper, and vinegar**.



6. Finish & serve

Once cooked, remove baking sheet from oven. Dollop **tzatziki** around baking sheet and scatter **reserved dill fronds** over top. Cut **remaining lemon** into wedges and serve alongside **bifteki** and **vegetables**. Lightly drizzle with **oil** if desired. Enjoy!