



## Turkish Grilled Chicken Breast with Sumac

Tomato-Cucumber Salad & Grilled Pita



30-40min



2 Servings

If you don't have a grill or grill pan, preheat broiler with a rack 6 inches from heat source. Transfer marinated chicken to a rimmed baking sheet. Broil on top oven rack until browned, about 8 minutes. Carefully flip chicken and continue broiling until it reaches 165°F internally, about 5 minutes more. Broil pita directly on the top oven rack until lightly toasted, about 1 minute. (Watch closely as broilers vary.)

## What we send

- garlic
- ¼ oz harissa spice blend
- ½ oz honey
- ¼ oz sumac
- 6 oz tomato paste
- 12 oz pkg boneless, skinless chicken breasts
- 1 shallot
- 1 pkg grape tomatoes
- 1 cucumber
- 2 Mediterranean pitas <sup>1,6,11</sup>

## What you need

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

## Tools

- grill or grill pan

## Allergens

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

## Nutrition per serving

Calories 710kcal, Fat 24g, Carbs 75g, Protein 51g



### 1. Marinate chicken

Preheat a grill to medium-high, if using. Finely chop **2 teaspoons garlic**. In a medium bowl, stir to combine **all of the harissa and honey, half of the sumac, 2 tablespoons tomato paste, 1 tablespoon each of vinegar and oil, 1 teaspoon of the chopped garlic, and 1 teaspoon salt**. Add **chicken**, toss well to combine. Set aside to marinate until step 5.



### 4. Grill pita

Preheat a grill pan over medium, if using. Brush both sides of each **pita** with **oil**. Add pitas to grill or grill pan and cook until lightly toasted, golden brown, and flexible, 2-3 minutes per side. Wrap in foil or a clean kitchen towel to keep warm.



### 2. Marinate shallots

Slice **shallot** into thin rings. In a small bowl, combine **shallots, remaining sumac, 2 teaspoons each of vinegar and oil, and ½ teaspoon salt**. Use your hands to massage seasoning into shallots. Set aside to marinate until ready to serve.



### 5. CHICKEN BREAST VARIATION

Transfer **chicken** to grill or grill pan and cook until charred and cooked to 165°F internally, 4-5 minutes per side. Transfer chicken to a cutting board to rest for 5 minutes.



### 3. Make salad

Halve **tomatoes**. Peel **cucumber**, then quarter lengthwise; remove seeds and cut into ½-inch pieces. In a large bowl, combine **tomatoes, cucumbers, remaining chopped garlic, 1 tablespoon oil, and 2 teaspoons vinegar**. Season to taste with **salt and pepper**. Set salad aside until ready to serve.



### 6. Finish & serve

Cut each **pita** into quarters. Serve **chicken** with **any resting juices** spooned on top alongside **marinated shallots, tomato-cucumber salad, and pita wedges**. Enjoy!