



## Sheet Pan Za'atar Roasted Chicken Thighs

with Spinach and Toasted Pita Salad



30-40min



2 Servings

Roasted boneless chicken thighs are one of our go-to's for easy and flavorful weeknight dinners. Here, we season the thighs with za'atar, a Middle Eastern spice blend of dried thyme, sesame seeds, and sumac, and then roast them with lemon wedges. Pita pieces, added to the same baking sheet once the chicken is roasted, soak up the pan juices and then crisp into the best-ever croutons for a crunchy spinach salad.



## What we send

- 12 oz pkg boneless, skinless chicken thighs
- ¼ oz za'atar spice blend <sup>11</sup>
- 1 lemon
- 2 Mediterranean pitas <sup>1,6,11</sup>
- 1 red onion
- 6 oz grape tomatoes
- 5 oz baby spinach

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- rimmed baking sheet

## Cooking tip

To quickly halve the grape tomatoes, sandwich them between two deli container lids to hold them in place. Using a sharp knife, slice in between the lids.

## 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 720kcal, Fat 39g, Carbs 55g, Protein 47g



### 1. Prep chicken

Preheat broiler with a rack in the upper third. Pat **chicken** dry. Season all over with **salt** and **pepper**. In a small bowl, whisk together **2 tablespoons oil** and **1½ tablespoons za'atar**.

Add **chicken** to bowl and mix to thoroughly coat in **spice oil**.



### 2. Prep ingredients

Into a medium bowl, squeeze **1 tablespoon lemon juice**; cut remainder into wedges. Cut **pita** into 1-inch pieces. Halve **onion**; thinly slice half (save rest for own use). Cut **grape tomatoes** in half (see cooking tip).



### 3. Cook chicken

Place **chicken** and **lemon wedges** on a baking sheet. Broil until browned in spots and cooked to at least 165°F, 7-8 minutes (watch closely as broilers vary). Transfer to a plate to rest.

Add **pita** to baking sheet and toss to coat in chicken juices. Add **a drizzle of oil** and **a pinch of salt and pepper**. Broil until browned and toasted, 1-2 minutes. Allow to cool slightly.



### 4. Make salad

Meanwhile, whisk **remaining za'atar** and **2 tablespoons oil** into bowl with **lemon juice**. Season to taste with **salt** and **pepper**. Add **spinach, tomatoes**, and **sliced onion**; toss to coat.



### 5. Finish & serve

Right before serving, add **pita croutons** to **salad** and toss to coat.

Serve **toasted pita spinach salad** alongside **za'atar chicken thighs** and **broiled lemon wedges**. Enjoy!



### 6. Broil those lemons!

In this recipe we broil lemon wedges to caramelize the fruit and bring out its natural sweetness. Squeeze the roasted lemon juice over your plate, or even scoop out the golden flesh and enjoy a little extra zip in this za'atar-studded salad.