

DINNERLY



Chicken Souvlaki Meatballs with Romaine & Toasted Pita Salad



20-30min



2 Servings

We took a Greek classic and turned it on its head for this one! Instead of a traditional souvlaki sandwich, we made a chicken souvlaki salad and we're not sorry about it. Don't fret, you still get all of the necessary components —tender chicken meatballs, the flavors of lemon, garlic and oregano, crisp romaine, and floury pita. We've got you covered!

WHAT WE SEND

- 2 Mediterranean pitas ^{2,3,4}
- 1 lemon
- 10 oz pkg ground chicken
- ¼ oz dried oregano
- 1 romaine heart
- 1 plum tomato

WHAT YOU NEED

- olive oil
- garlic
- 1 large egg ¹
- kosher salt & ground pepper

TOOLS

- rimmed baking sheet
- microplane or grater

ALLERGENS

Egg (1), Sesame (2), Soy (3), Wheat (4).
May contain traces of other allergens.
Packaged in a facility that packages
gluten containing products.

NUTRITION PER SERVING

Calories 730kcal, Fat 40g, Carbs 50g,
Protein 46g



1. Prep ingredients

Preheat broiler with a rack in the center and lower positions.

Lightly oil a rimmed baking sheet. Finely chop **half of 1 pita**. Finely grate **1 teaspoon garlic**.

Into a small bowl, finely grate **zest from half the lemon**, then squeeze in **2 tablespoons juice**.



4. Prep salad

Meanwhile, cut **lettuce** crosswise into ½-inch pieces, discarding end. Quarter **tomato** lengthwise, then cut into ½-inch pieces crosswise.

To bowl with **lemon juice and zest**, whisk in **¼ teaspoon oregano** and **3 tablespoons oil**; season to taste with **salt** and **pepper**.



2. CHICKEN VARIATION

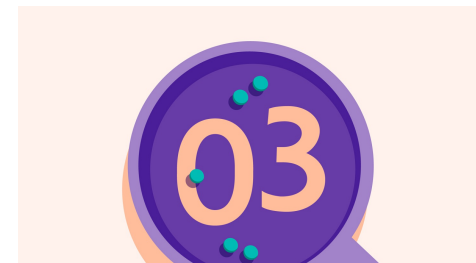
In a medium bowl, use a fork to whisk and mash together **1 large egg** and **chopped pita** until a paste is formed. Add **ground chicken**, **grated garlic**, **½ teaspoon oregano**, **1 tablespoon oil**, **¾ teaspoon salt**, and **a few grinds of pepper**. Stir gently to combine. Shape mixture into 8 meatballs and place on prepared baking sheet.



5. Toss salad & serve

Once **pita** is cool to the touch, tear into bite-sized pieces. In a large bowl, combine **lettuce**, **tomato**, and **pita** with **⅔ of dressing** and toss to combine.

Serve **salad** topped with **meatballs** and drizzle **remaining dressing** over top. Enjoy!



3. Broil meatballs & pita

Brush **remaining 1½ pitas** lightly with **oil**. Place baking sheet with **meatballs** on center oven rack. Place **pita** directly on lower oven rack. Broil until meatballs are browned and cooked through, and pita is deeply toasted and crisp, flipping pita halfway through, about 7 minutes for meatballs and about 10 for pita (watch closely as broilers vary).



6. Did you know?

Ordering Dinnerly is not only more convenient, but it also reduces your carbon footprint. A study from the University of Michigan found that cooking with meal kits (including packaging) generates a much lower carbon footprint than purchasing the same ingredients at the grocery store. Considering every step in the process, average greenhouse gas emissions are ⅓ lower when cooking with meal kits.