

DINNERLY



Chicken Gyro Hummus Wrap with Chopped Salad



20-30min



2 Servings

Of all the foods you can eat with your hands, the hummus wrap is at the top of our list. We complement the creamy hummus with fragrant gyro-spiced chicken and a refreshing cucumber, tomato, and onion salad. How's that for a meal with only three steps? We've got you covered!

WHAT WE SEND

- 1 cucumber
- 1 plum tomato
- 1 yellow onion
- ½ lb pkg chicken breast strips
- ¼ oz gyro spice
- 2 Mediterranean pitas ^{1,2,3}
- 2 (2 oz) hummus ²

WHAT YOU NEED

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

TOOLS

- medium nonstick skillet

ALLERGENS

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

NUTRITION PER SERVING

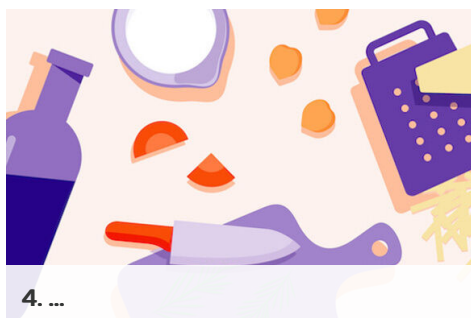
Calories 690kcal, Fat 34g, Carbs 68g, Protein 40g



1. Prep ingredients

Peel **cucumber**, if desired; cut half into ¼-inch pieces (save rest for own use). Cut **tomato** into ¼-inch pieces. Finely chop **half of the onion**; thinly slice remaining.

In a medium bowl, mix together **cucumbers, tomatoes, chopped onions, 1 tablespoon oil**, and ½ **tablespoon vinegar**. Season to taste with **salt** and **pepper**. Set aside.



4. ...

What were you expecting, more steps?



2. Cook chicken

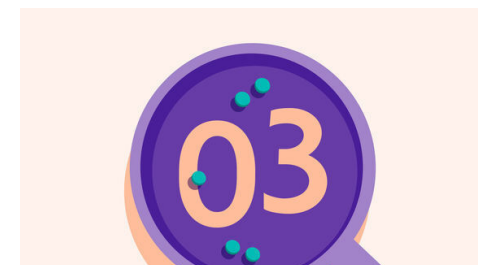
Pat **chicken** dry. Toss in a second medium bowl with **sliced onions, gyro spice**, and **2 tablespoons oil**; season with **salt** and **pepper**.

In a medium nonstick skillet, heat **1 teaspoon oil** over medium-high until shimmering. Add chicken and onions; cook, stirring occasionally, until chicken is browned and cooked through and onions are tender, 4–5 minutes.



5. ...

You're not gonna find them here!



3. Broil pita & serve

Preheat broiler with a rack in the top position. Brush **pita** on both sides with **oil**. Broil on top oven rack until lightly golden brown, warm, and pliable, 1–2 minutes per side.

Spread **hummus** on **pitats** and wrap with **chicken** and **salad**. Enjoy!



6. ...

Kick back, relax, and enjoy your Dinnerly!