



Greek Chicken Breast

with Tzatziki & Garlic-Dill Pita



30-40min



2 Servings

Lean chicken breast makes for the perfect weeknight supper, especially when it's marinated in lemon zest and fragrant oregano, and then roasted until juicy and browned. We serve this tender cut with roasted zucchini, bright tzatziki sauce, and garlicky toasted pita.

What we send

- 1 lemon
- ¼ oz dried oregano
- 12 oz pkg boneless, skinless chicken breasts
- garlic
- 2 zucchini
- ¼ oz fresh dill
- 4 oz tzatziki ^{2,5}
- 2 Mediterranean pitas ^{1,3,4}

What you need

- olive oil
- kosher salt & ground pepper

Tools

- microplane or grater
- rimmed baking sheet

Allergens

Wheat (1), Milk (2), Sesame (3), Soy (4), Tree Nuts (5). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 710kcal, Fat 40g, Carbs 44g, Protein 50g



THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

1. Marinate chicken

Preheat oven to 450°F with a rack in the upper third. Finely grate **1 teaspoon lemon zest** into a medium bowl. Whisk in **¼ cup oil** and **2 teaspoons oregano**; season with **salt** and **pepper**. Pierce each piece of **chicken** all over with a fork, and place on center of a rimmed baking sheet. Rub chicken with **half of the lemon-oregano oil**. Let marinate until step 3.



4. Roast zucchini

Flip **chicken**; place **zucchini** around outer edges of baking sheet. Roast on upper rack until cooked through, and zucchini is tender and browned in spots, 8-10 minutes. Transfer chicken to a cutting board. Cover loosely with foil and let rest for 5 minutes. Transfer zucchini to plates. Pour **any pan juices** into the bowl with **remaining lemon-oregano oil**.



2. Prep ingredients

Finely grate **½ teaspoon garlic**. Trim **zucchini**, halve crosswise, and cut into ½-inch-thick wedges.

In a medium bowl, combine zucchini, **1 tablespoon oil**, and ¼ teaspoon of the grated garlic. Season with **salt** and **pepper**, and toss to combine.



5. Make garlic bread

Switch oven to broil. In a small bowl, whisk to combine, **1 tablespoon oil** with **remaining grated garlic and chopped dill**; season to taste with **salt** and **pepper**. Place **pitas** on same baking sheet. Broil pitas on upper oven rack until crisp and browned in spots, about 1 minute per side (watch closely, as broilers vary). Brush tops of pitas with **garlic-dill oil**; cut into wedges.



3. Cook chicken; make sauce

Roast **chicken** on upper oven rack until browned underneath but not cooked through, about 7 minutes. Finely chop **2 teaspoons dill fronds and tender stems**. Open **tzatziki**, squeeze **2 teaspoons lemon juice** directly into the container. Cut any remaining lemon into wedges. Stir in **1 teaspoon chopped dill** and **1 tablespoon water**; season to taste with **salt** and **pepper**.



6. Finish & serve

Thinly slice **chicken**. Arrange sliced chicken and **zucchini** on plates. Drizzle **remaining lemon-oregano oil** and **some of the tzatziki** over top. Serve **garlic pita wedges** alongside, with **remaining tzatziki sauce**, and **any lemon wedges** for squeezing over. Enjoy!