

# DINNERLY



## Mediterranean Chicken Pitas with Spiced Yogurt & Leafy Salad



20-30min



2 Servings

At the end of a long day, all you want to do is wrap things up. This should help with that. Tender chicken is marinated in a spiced yogurt, then cooked and laid on a pillowy bed of pita and spinach. The cool yogurt sauce, spiked with coriander and drizzled on top, brings bright flavor and warm, nutty notes. That's a wrap. We've got you covered!



### WHAT WE SEND

- garlic (use 1 medium clove)
- 1 container Greek yogurt <sup>7</sup>
- ½ lb pkg boneless, skinless chicken breasts
- ground coriander spice (use 1 tsp)
- 2 Mediterranean pitas <sup>1,6,11</sup>
- 3 oz baby spinach

### WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- white wine vinegar (or apple cider vinegar) <sup>17</sup>
- sugar

### TOOLS

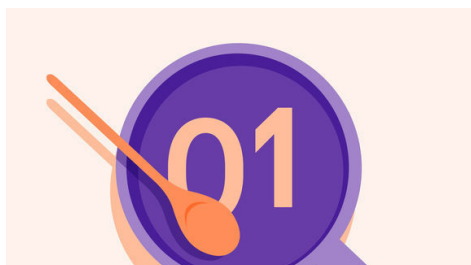
- box grater or microplane
- medium skillet

### ALLERGENS

Wheat (1), Soy (6), Milk (7), Sesame (11), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

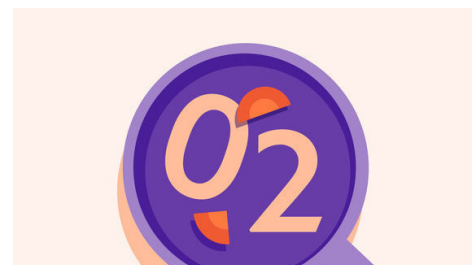
### NUTRITION PER SERVING

Calories 510kcal, Fat 22g, Carbs 39g, Protein 38g



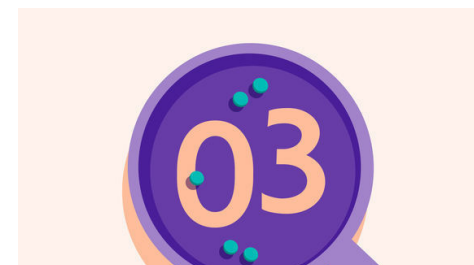
#### 1. Make spiced yogurt

Peel and finely grate ½ **teaspoon** **garlic** into a small bowl. Whisk in **yogurt** and **3 tablespoons water** until combined; season to taste with **salt** and **pepper**.



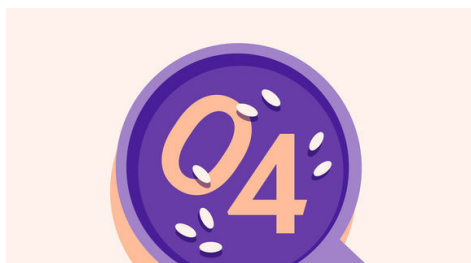
#### 2. Marinate chicken

Pat **chicken** dry and pound ¼-inch thick. Spoon **2 tablespoons of the yogurt mixture** into a medium bowl; add chicken, turning to coat, and set aside to marinate. Whisk **1 teaspoon of the ground coriander spice** into **remaining yogurt** and set aside.



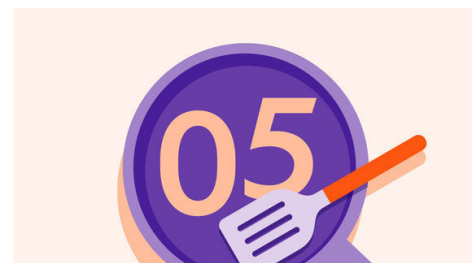
#### 3. Warm pitas

Brush each **pita** all over with **oil**. Heat a medium skillet over medium-high. Add **pitas** and cook until lightly toasted, about 1 minute per side. Transfer to a plate and cover loosely to keep warm.



#### 4. Cook chicken

Remove **chicken** from **marinade** and pat dry (discard marinade). Heat **1½ tablespoons oil** in same skillet over medium-high. Add chicken and cook until browned and cooked through, 2–3 minutes per side. Transfer chicken to a cutting board and slice crosswise into ½-inch thick strips.



#### 5. Make salad & serve

In a medium bowl, whisk **1 tablespoon each vinegar and oil** with a **pinch of sugar**; season with **salt** and **pepper**. Add **spinach** to bowl; toss to combine. Spread **some of the spiced yogurt** over each pita, then top with **some of the salad and chicken**; drizzle with **remaining spiced yogurt**. Serve **Mediterranean chicken pitas** with **remaining leafy salad** alongside. Enjoy!



#### 6. Crunch, crunch!

Roasted chickpeas are our favorite ingredient to stuff into wraps, top salads, or share as a party starter. Preheat oven to 450°F with top rack 6 inches from heat source. Drain a can of chickpeas, rinse, and pat dry. Toss with oil, spices of your choice (we like cumin and smoked paprika), and a generous pinch of salt on a baking sheet. Roast until lightly browned and slightly crisp, 15–17 minutes.