



Mediterranean Chicken Wraps:

Cook a fresh meal with almost no chopping!



under 20min



2 Servings

Sometimes it's a struggle to find time to cook an incredible meal. We've all been there! So, put down the knife because we've cut the prep. Here we sauté pre-cut chicken breast strips coated in warming baharat spice blend, then pile it onto toasted pitas with spinach, grape tomatoes, fresh dill, and yogurt-tahini sauce. And the best part? This flavor-packed Mediterranean-inspired meal comes together in under 20 minutes.

What we send

- 1 lemon
- 1 container Greek yogurt ⁷
- 1 oz tahini ¹¹
- 1 container grape tomatoes (use half)
- 2 Mediterranean pitas ^{1,6,11}
- 8 oz pkg chicken breast strips
- baharat spice blend (use 1 Tbsp) ¹¹
- 3 oz baby spinach
- ¼ oz fresh dill

What you need

- kosher salt & ground pepper
- olive oil

Tools

- medium skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

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

Nutrition per serving

Calories 550kcal, Fat 23g, Carbs 45g, Proteins 57g



1. Juice lemon

(For extra lemon flavor, first finely grate **lemon zest.**) Squeeze **1 tablespoon juice** into a small bowl. Cut any remaining lemon into wedges.



2. Make yogurt sauce

Stir **yogurt, tahini** and **¼ cup water** into bowl with **lemon juice** (and **zest**, if using) until smooth. Season to taste with **salt** and **pepper**.



3. Optional Prep

Set aside **half of the tomatoes**. (Cut in half if desired.)



4. Warm pitas

Brush **pitas** all over with **oil**. Heat a medium skillet over medium-high. Place 1 pita in skillet and cook until lightly toasted, about 1 minute per side. Repeat with remaining pita. Transfer to a plate and cover to keep warm. (Alternatively, heat pitas in toaster oven.)



5. Cook chicken

Heat **1 tablespoon oil** in same skillet over medium-high. Add **chicken, 1 tablespoon baharat spice blend**, and a **pinch each of salt and pepper**. Cook, stirring occasionally, until chicken is well browned and cooked through, about 3 minutes. Add **2 tablespoons water**, scraping up any browned bits from bottom of skillet.



6. Assemble & serve

Spread **some of the yogurt sauce** over **each pita**, then top with the **spinach, chicken**, and **tomatoes**. Drizzle **remaining yogurt sauce** on top, if desired, and garnish with **torn dill fronds**. Enjoy!