

DINNERLY



Mediterranean Chicken Pita 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 over top, brings bright flavor and nutty notes. That's a wrap. We've got you covered!

WHAT WE SEND

- garlic
- 1 container Greek yogurt ¹
- ½ lb pkg boneless, skinless chicken breasts
- ground coriander spice (use 1 tsp)
- 2 Mediterranean pitas ^{2,3,4}
- 3 oz baby spinach

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- white wine vinegar (or apple cider vinegar)
- sugar

TOOLS

- microplane or grater
- medium skillet

ALLERGENS

Milk (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 520kcal, Fat 25g, Carbs 38g,
Protein 40g



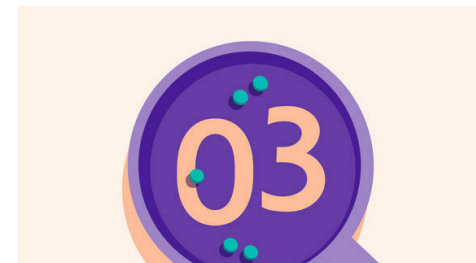
1. Make seasoned yogurt

Finely grate ½ **teaspoon garlic** into a small bowl. Add **yogurt** and **3 tablespoons water** to bowl, whisking to combine. Season to taste with **salt** and **pepper**.



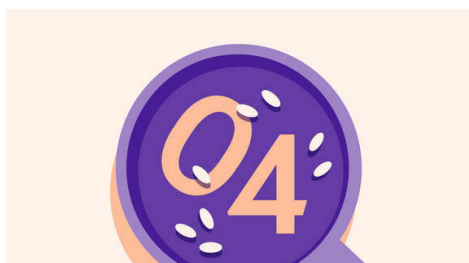
2. Marinate chicken

Pat **chicken** dry, then pound to ½-inch thickness, if desired. Spoon **2 tablespoons of the seasoned yogurt** into a medium bowl, then add chicken and turn to coat; set aside to marinate until step 4. Whisk **1 teaspoon ground coriander** into **remaining seasoned yogurt** and set aside until ready to serve.



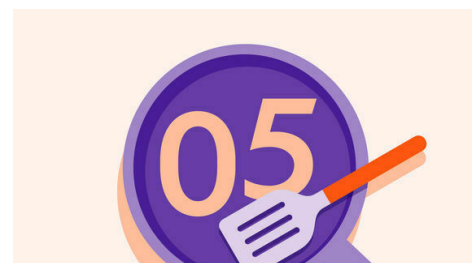
3. Warm pitas

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



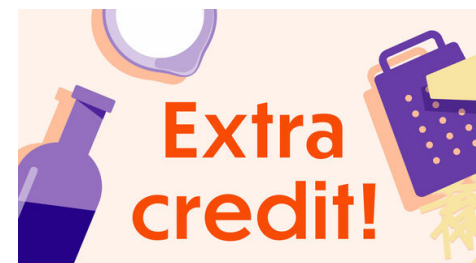
4. Cook chicken

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, 3–4 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 of vinegar and oil** with **a pinch of sugar**; season to taste with **salt** and **pepper**. Add **spinach** to bowl; toss to coat. Spread **some of the spiced yogurt** over each **pita**, then top with **some of the salad and chicken** and drizzle with **remaining spiced yogurt**. Serve **chicken pitas** with **remaining salad** alongside. Enjoy!



6. Crunch, crunch!

Roasted chickpeas are our favorite ingredient to add to wraps, salads, or to share as a party starter. 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 at 450°F until lightly browned and slightly crisp.