

MARLEY SPOON



20-Min: Mediterranean Chicken Wraps

with Fresh Dill & Yogurt-Tahini Sauce



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
- 4 oz Greek yogurt ¹
- 1 oz tahini ²
- 1 container grape tomatoes (use half)
- 2 Mediterranean pitas ^{2,3,4}
- 12 oz boneless, skinless chicken breasts
- ¼ oz baharat spice blend ²
- 3 oz baby spinach
- ¼ oz fresh dill

What you need

- kosher salt & ground pepper
- olive oil

Tools

- 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 550kcal, Fat 23g, Carbs 45g, Protein 57g



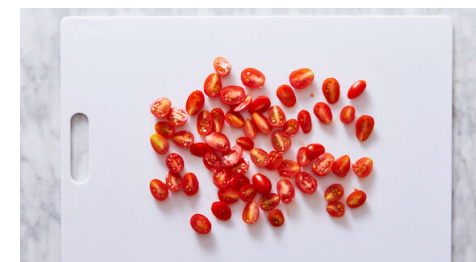
1. Juice lemon

(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

Pat chicken dry. Cut into thin strips. 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!