

Ras El Hanout Chicken Pitas

with Cherry Tomato & Cucumber Tabbouleh

This dish is our North African spin on the traditional pita. The chicken you'll be serving owes its depth of flavor to ras el hanout, Morocco's most famous (and dynamic) spice blend. We're balancing the seasoned chicken with fresh mint and a sauce of Greek yogurt, lemon juice, cucumber and garlic. And as a refreshing side, we're serving up a classic tabbouleh, featuring seasonal cherry tomatoes.



Ingredients

- 2 Boneless, Skinless Chicken Breasts
- 2 Plain, Pocketless Pitas
- ½ Cup Plain, Low-Fat Greek Yogurt
- 4 Ounces Cherry Tomatoes
- 1 Clove Garlic
- 1 Lemon
- 1 Cucumber
- 1 Large Bunch Mint

Knick Knacks

- 1 Tablespoon Pistachios
- 1 Tablespoon Ras El Hanout
- ¼ Cup Bulgur

Makes 2 Servings

About 700 Calories Per Serving

Cooking Time: 25 to 35 minutes



1



Cook the bulgur:

Heat a small pot of salted water to boiling on high. Once boiling, add the **bulgur** and cook 12 to 14 minutes, or until tender. Drain the cooked bulgur thoroughly and return to the pot. Remove from heat and fluff with a fork.

2



Prepare the ingredients:

While the bulgur cooks, wash and dry the fresh produce. Cut the tomatoes into wedges. Pick the mint leaves off the stems; discard the stems. Peel and mince the garlic; smash with the flat side of your knife until it resembles a paste (or use a zester). Halve the cucumber crosswise; medium dice 1 half and grate the remaining half. Quarter and deseed the lemon. In a medium bowl, combine the **yogurt, grated cucumber, half the garlic paste and the juice of 2 lemon wedges**; season with salt and pepper to taste.

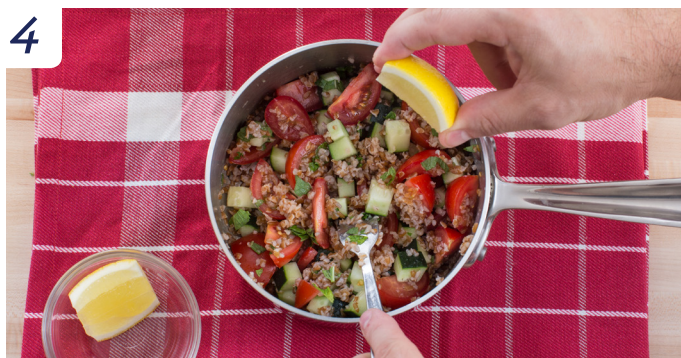
3



Cook the chicken:

Pat the **chicken** dry with paper towels; season with salt, pepper and the **ras el hanout** on both sides. In a large pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned chicken and cook, loosely covering the pan with aluminum foil, 3 to 5 minutes per side, or until browned and cooked through. Transfer to a cutting board and set aside to cool slightly. Wipe out the pan.

4



Make the tabbouleh:

While the chicken cooks, to the pot of **cooked bulgur**, add the **tomatoes, diced cucumber, half the mint** (tearing the leaves just before adding), **remaining garlic paste** and **the juice of the remaining lemon wedges**. Drizzle with olive oil and stir to thoroughly combine. Season with salt and pepper to taste.

5



Warm the pitas:

In the pan used to cook the chicken, heat 2 teaspoons of olive oil on medium until hot. Working 1 at a time if necessary, add the **pitas** and cook 30 to 45 seconds per side, or until warmed through and pliable. Transfer the warmed pitas to 2 plates.

6



Finish & plate your dish:

When cool enough to handle, thinly slice the **cooked chicken** on an angle. Spread a layer of the **yogurt sauce** onto each **warmed pita** (you will have extra). Divide the **sliced chicken** between the warmed pitas. Top with the **pistachios** and **remaining mint**. Serve with the **tabbouleh** and **remaining yogurt sauce** on the side. Enjoy!