

Spiced Chicken Pitas & Couscous

with Carrots, Dates & Cucumber-Yogurt Sauce

In this Middle Eastern-inspired recipe, we're filling pitas with succulent chicken and cooling yogurt sauce, and serving them with a side of deliciously hearty couscous. Couscous is made from semolina wheat, ground coarsely and rolled into grain-sized balls. To take advantage of its incredible absorbency, we're cooking ours with cardamom, turmeric, sumac and more. The couscous soaks up the authentic flavors from the boiling water—and plumps up to a delightful fluffiness. For added complexity, we're mixing in almonds, carrots and dates (the uniquely sweet fruits of a palm tree).



Ingredients

- 4 Boneless, Skinless Chicken Breasts
- 4 Pocketless Pitas
- 1 Cup Couscous
- ½ Cup Plain Greek Yogurt
- 2 Carrots
- 1 Cucumber
- 1 Lemon
- 1 Bunch Mint

Knick Knacks

- 2 Ounces Medjool Dates
- ¼ Cup Sliced Almonds
- 2 Tablespoons Chicken Pita Spice Blend
(Ground Sumac, Ground Cardamom, Dried Thyme, Ground Turmeric & Smoked Sweet Paprika)

Makes 4 Servings

About 650 Calories Per Serving

Prep Time: 10 min | Cook Time: 25 to 35 min



1



Prepare the ingredients:

Wash and dry the fresh produce. In a large pot, heat **2 cups of water** and a **big pinch of salt** to boiling on high. Peel the carrots; thinly slice into rounds. Pit and finely chop the dates. Quarter and deseed the lemon. Grate the cucumber and place in a medium bowl. Pick the mint leaves off the stems; discard the stems.

2



Cook the couscous:

Add the **couscous** and **half the spice blend** to the pot of boiling water; season with salt and pepper. Stir to thoroughly combine. Remove from heat. Cover and let stand 4 to 6 minutes, or until the water has been absorbed completely. Fluff the cooked couscous with a fork.

3



Cook the carrots & finish the couscous:

While the couscous cooks, in a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the **carrots**; season with salt and pepper. Cook, stirring occasionally, 6 to 8 minutes, or until browned and tender. Add the **dates, almonds** and **the juice of 2 lemon wedges**; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until thoroughly combined. Transfer to the pot of **cooked couscous**. Stir to thoroughly combine; season with salt and pepper to taste. Transfer to a serving dish. Wipe out the pan.

4



Make the sauce:

While the carrots cook, drain off and discard any excess liquid from the **grated cucumber**. To the bowl of drained cucumber, add the **yogurt**, **half the mint** (finely chopping just before adding) and **the juice of the remaining lemon wedges**. Stir to thoroughly combine; season with salt and pepper to taste.

5



Cook the chicken:

Pat the **chicken** dry with paper towels; season on both sides with salt, pepper and the **remaining spice blend**. In the pan used to cook the carrots, heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned chicken. Cook, loosely covering the pan with aluminum foil, 4 to 6 minutes per side, or until browned and cooked through. Transfer to a cutting board. Carefully rinse and dry the pan.

6



Finish & serve your dish:

Heat the pan used to cook the chicken on medium until hot. Working 1 at a time, add the **pitats**. Toast 30 seconds to 1 minute per side, or until warmed through. Transfer to a clean, dry work surface. While the pitas toast, slice the **cooked chicken** crosswise on an angle. Divide the sliced chicken between the toasted pitas. Top with a few spoonfuls of the **sauce** (you will have extra). Transfer to a serving dish. Garnish the **finished pitas** and **finished couscous** with the **remaining mint**. Serve with the **remaining sauce** on the side. Enjoy!