

Sheet Pan Chicken Pitas

with Carrot Fries & Harissa Labneh

4 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**
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Ingredients


 4 Boneless, Skinless Chicken Breasts

 1 Red Onion

 1 Tbsp Red Harissa Paste

 1 Tbsp Shawarma Spice Blend²


 4 Pocketless Pitas

 1 Romaine Lettuce Heart

 ½ cup Tzatziki¹

 ¾ lb Carrots

 2 Tbsps Pickled Peruvian Peppers

 ¼ cup Labneh Cheese



Serve with Blue Apron wine that has this symbol
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¹. cucumber-yogurt sauce

². Ground Coriander, Cumin Seeds, Garlic Powder, Smoked Sweet Paprika & Ground Turmeric

1 Prepare & roast the vegetables

- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Peel the **carrots**; halve crosswise, then quarter lengthwise.
- Peel the **onion**; cut crosswise into 1/2-inch-thick rounds, keeping the layers intact.
- Place the **sliced carrots** and **onion rounds** on a sheet pan, keeping them separate.
- Drizzle each with **1 tablespoon of olive oil**; season with salt and pepper. Toss to coat. Arrange in an even layer.
- Roast 21 to 23 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven.



2 Roast & chop the chicken

- Meanwhile, line a separate sheet pan with foil.
- Pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and the **spice blend**.
- Place on the sheet pan; drizzle with **1 tablespoon of olive oil**.
- Roast 18 to 20 minutes, or until browned and cooked through.*
- Transfer to a cutting board. When cool enough to handle, roughly chop.



3 Prepare the lettuce & make the harissa labneh

- Meanwhile, thinly slice the **lettuce**. Place in a large bowl; add a drizzle of **olive oil** and season with salt and pepper. Toss to coat.
- In a separate bowl, combine the **labneh** and **harissa paste**; season with salt and pepper.



4 Warm the pitas

- Place the **pitas** on a large piece of foil; tightly wrap to seal.
- Carefully place directly onto an oven rack and warm 7 to 9 minutes, or until heated through and pliable.
- Transfer to a work surface and carefully unwrap.



5 Assemble the pitas & serve your dish

- Spread the **tzatziki** onto the **warmed pitas**. Top with the **sliced lettuce**, **chopped chicken**, **peppers**, and **as much of the roasted onion as you'd like** (separating into rings before adding).
- Serve the **finished pitas** with the **roasted carrots** and **harissa labneh** on the side. Enjoy!



*An instant-read thermometer should register 165°F.

NUTRITION PER SERVING (AS PREPARED)**

Calories: 640, Total Carbohydrates: 57g, Dietary Fiber: 8g, Added Sugars: 3g, Total Fat: 24g, Saturated Fat: 6g, Protein: 51g, Sodium: 1420mg.

**For information about our wellness labels visit us at blueapron.com/wellness. To view this meal's FULL NUTRITION FACTS and any customizations you may have applied, select this recipe from your Current page in the Blue Apron app or blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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