

# Greek-Style Veggie Pitas

with Lemon-Dressed Broccoli

2 SERVINGS

⌚ 20-30 MINS

 **Blue Apron**

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Serve with Blue Apron wine that has this symbol [blueapron.com/wine](https://blueapron.com/wine)

## Ingredients

 2 Pocketless Pitas

 ½ lb Broccoli

 1 ½ oz Feta Cheese

 1 tsp Whole Dried Oregano

 ¾ lb Carrots

 1 Lemon

 ½ cup Tzatziki<sup>1</sup>

 2 Boneless, Skinless Chicken Breasts 

 1 Red Onion

 1 oz Pitted Niçoise Olives

 1 Tbsp Weeknight Hero Spice Blend<sup>2</sup>

<sup>1</sup> cucumber-yogurt sauce    <sup>2</sup> Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley  
\*Ingredients may be replaced and quantities may vary.

## 1 Prepare the ingredients

- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Peel the **carrots**; halve lengthwise, then cut crosswise into 1-inch pieces.
- Halve and peel the **onion**; cut into 1/2-inch-wide wedges, separating the layers.
- Cut off and discard the bottom 1/2 inch of the **broccoli** stem; cut the broccoli into small florets.



This recipe was designed for easier cleanup—no extra prep bowls needed!

## 2 Roast the vegetables

- Line two sheet pans with foil.
- Place the **carrot pieces** and **onion pieces** on one sheet pan. Drizzle with **2 teaspoons of olive oil**; season with salt, pepper, and enough of the **spice blend** to coat (you may have extra). Toss to coat; arrange in an even layer.
- Place the **broccoli florets** on the remaining sheet pan. Drizzle with **2 teaspoons of olive oil** and season with salt and pepper. Toss to coat; arrange in an even layer.
- Roast 14 to 16 minutes, or until the vegetables are browned and tender when pierced with a fork. Remove from the oven.



## 3 Marinate the feta

- Meanwhile, roughly chop the **olives**.
- Quarter and deseed the **lemon**.
- In a large bowl, combine the **cheese** (crumbling before adding), **chopped olives**, **oregano**, the **juice of 2 lemon wedges**, and **1 tablespoon of olive oil**. Season with salt and pepper; stir to combine.
- Set aside to marinate, stirring occasionally, at least 10 minutes.



## ↔ ADDITIONAL STEP *If you chose Chicken*

- Meanwhile, pat the **chicken** dry with paper towels; season with salt and pepper on both sides.
- In a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the seasoned chicken. Cook 6 to 7 minutes per side, or until browned and cooked through.\*
- Transfer to a cutting board. When cool enough to handle, slice crosswise.

## 4 Warm the pitas

- Meanwhile, if you prefer to use the oven, wrap the **pitas** in foil and place directly onto an oven rack; warm 7 to 9 minutes, or until heated through and pliable.
- If you prefer to use a microwave, wrap the **pitas** in a damp paper towel; microwave on high 1 minute, or until heated through and pliable.
- Transfer the warmed pitas to a work surface and carefully unwrap.



## 5 Finish & serve your dish

- To the bowl of **marinated feta**, add the **roasted carrots and onion**. Stir to thoroughly coat.
- Evenly top the **roasted broccoli** with the **juice of the remaining lemon wedges**.
- Spread the **tzatziki** onto the **warmed pitas**. Top with the **dressed carrots and onion** (including any liquid).
- Serve the **finished pitas** with the **finished broccoli** on the side. Enjoy!



## ↔ CUSTOMIZED STEP 6 *If you chose Chicken*

- Finish and serve your dish as directed, topping the warmed pitas with the **sliced chicken** after the dressed carrots and onion.

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

### NUTRITION PER SERVING (AS PREPARED)\*\*

Calories: 660, Total Carbohydrates: 74g, Dietary Fiber: 13g, Added Sugars: 1g, Total Fat: 34g, Saturated Fat: 9g, Protein: 20g, Sodium: 1480mg.

\*\*For information about our wellness labels visit us at [blueapron.com/wellness](https://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](https://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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