

# Sheet Pan Za'atar Chicken Pitas

with Lemon-Garlic Broccoli

4 SERVINGS

⌚ 20-30 MINS


 **Blue Apron**  
blueapron.com



## Ingredients

 4 Boneless, Skinless Chicken Breasts

 1 clove Garlic

 1 tsp Preserved Lemon Purée

 1 Tbsp Honey


 4 Pocketless Pitas

 1 oz Sweetly Drop Peppers

 ½ cup Tzatziki<sup>1</sup>

 1 Tbsp Za'atar Seasoning<sup>2</sup>

 1 lb Broccoli

 1 head Butter Lettuce

 2 Tbsps Tahini

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

## Cook along on the app



The Blue Apron app doesn't just help you manage and track your weekly deliveries—it's also a hub for cooking inspiration! Browse our thousands of recipes, watch how-to videos, and cook along to your weekly recipes with step-by-step directions tailored to your meal's preferences. Download it from the App Store or Google Play today.

<sup>1</sup>. cucumber-yogurt sauce   <sup>2</sup>. Ground Sumac, Sesame Seeds, Salt, Ground Thyme, Whole Dried Oregano & Crushed Aleppo Pepper





"Alexa, find Blue Apron recipes."

## 1 Prepare & roast the chicken

- Remove the **honey** from the refrigerator to bring to room temperature.
- Preheat the oven to 450°F.
- In a bowl, whisk together the **tahini**, **za'atar**, **honey** (kneading the packet before opening), and **2 tablespoons of warm water**; season with salt and pepper.
- Pat the **chicken** dry with paper towels; season with salt and pepper on both sides.
- Transfer to a sheet pan. Evenly spread or brush the **tahini mixture** onto the chicken.
- Roast 18 to 20 minutes, or until browned and cooked through.\* Transfer to a cutting board.



For easier cleanup, line your sheet pans with foil.

## 2 Prepare & roast the broccoli

- Meanwhile, wash and dry the fresh produce.
- Cut off and discard the bottom 1/2 inch of the **broccoli** stem; cut the broccoli into small florets.
- Place the **broccoli florets** on a separate sheet pan. Drizzle with **olive oil** and season with salt and pepper. Toss to coat; arrange in an even layer.
- Roast 14 to 16 minutes, or until browned and tender when pierced with a fork. Remove from the oven.



## 3 Prepare the remaining ingredients

- Meanwhile, peel **1 clove of garlic**; using a zester or the small side of a box grater, finely grate into a paste.
- Cut off and discard the root end of the **lettuce**; thinly slice the leaves. Place in a large bowl; drizzle with **olive oil** and season with salt and pepper. Toss to coat.
- To make the dressing, in a separate large bowl, whisk together the **lemon purée**, **as much of the garlic paste as you'd like**, and a drizzle of **olive oil**. Season with salt and pepper.



## 4 Warm the pitas

- 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.
- 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.
- Transfer the warmed pitas to a work surface and carefully unwrap.



## 5 Finish & serve your dish

- Slice the **cooked chicken** crosswise.
- Spread the **tzatziki** onto the **warmed pitas**. Top with the **sliced chicken**, **prepared lettuce**, and **peppers**.
- Add the **roasted broccoli** to the bowl of **dressing**; toss to coat. Taste, then season with salt and pepper if desired.
- Serve the **finished pitas** with the **dressed broccoli** on the side. Enjoy!



\*The USDA recommends a minimum safe cooking temperature of 165°F for chicken.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at [blueapron.com](https://blueapron.com) or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: [blog.blueapron.com/foodsafety](https://blog.blueapron.com/foodsafety)

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

Blue Apron, LLC, New York, NY 10005

[f](#) [t](#) [@](#) Share your photos with #blueapron

