

Greek-Style Veggie Pitas

with Lemon-Dressed Broccoli

2 SERVINGS

⌚ 20-30 MINS

 **Blue Apron**
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🔗 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an 🍷 icon) and instructions tailored to you.*

Ingredients

Customized ingredients

ADDED:

 2 Boneless, Skinless Chicken Breasts 🍷

 1 Lemon

 ½ cup Tzatziki¹


 2 Pocketless Pitas

 1 Red Onion

 1 ½ oz Feta Cheese

 1 Tbsp Weeknight Hero Spice Blend²

 ¾ lb Carrots

 ½ lb Broccoli

 1 oz Pitted Niçoise Olives

 1 Tbsp Dukkah Seasoning³

CRISP 🍷 Serve with Blue Apron wine that has this symbol
FRUIT 🍷 blueapron.com/wine

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¹ cucumber-yogurt sauce

² Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley

³ Za'atar, Ground Coriander, Ground Fennel Seeds, Ground Cumin & Black Sesame Seeds

*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

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.



2 Roast the vegetables

- Place the **carrot pieces** and **onion pieces** on a sheet pan. Drizzle with **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 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 the vegetables are browned and tender when pierced with a fork.
- Remove from the oven.



For easier cleanup, line your sheet pans with foil.

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**, **dukkah**, 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.



4 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 a drizzle 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 the vegetables & 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**.
- Serve the **finished pitas** with the **finished broccoli** on the side. Enjoy!



5 CUSTOMIZED STEP 5 If you chose Chicken

- Finish the vegetables and serve your dish as directed, adding the **sliced chicken** to the pitas.

*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 or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: 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.

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