

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

 ¼ cup Labneh Cheese

 1 Tbsp Shawarma Spice Blend²

 4 Pocketless Pitas

 1 oz Sweet Drop Peppers

 1 ½ Tbsps Red Harissa Paste

 ¾ lb Carrots

 4 oz Arugula

 ½ cup Tzatziki¹

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

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1. cucumber-yogurt sauce 2. Ground Coriander, Cumin Seeds, Garlic Powder, Smoked Sweet Paprika & Ground Turmeric
*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

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 **carrot pieces** and **onion rounds** on a sheet pan, keeping them separate. Drizzle each with **1 tablespoon of olive oil**; season with salt and pepper. Turn 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.



For easier cleanup, line your sheet pans with foil.

2 Roast & chop the chicken

- Meanwhile, pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and the **spice blend**.
- Place on a separate 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 Season the arugula & make the harissa labneh

- Place the **arugula** in a large bowl; add **2 teaspoons 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 **seasoned arugula, 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!



*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.

Blue Apron, LLC, New York, NY 10005

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