

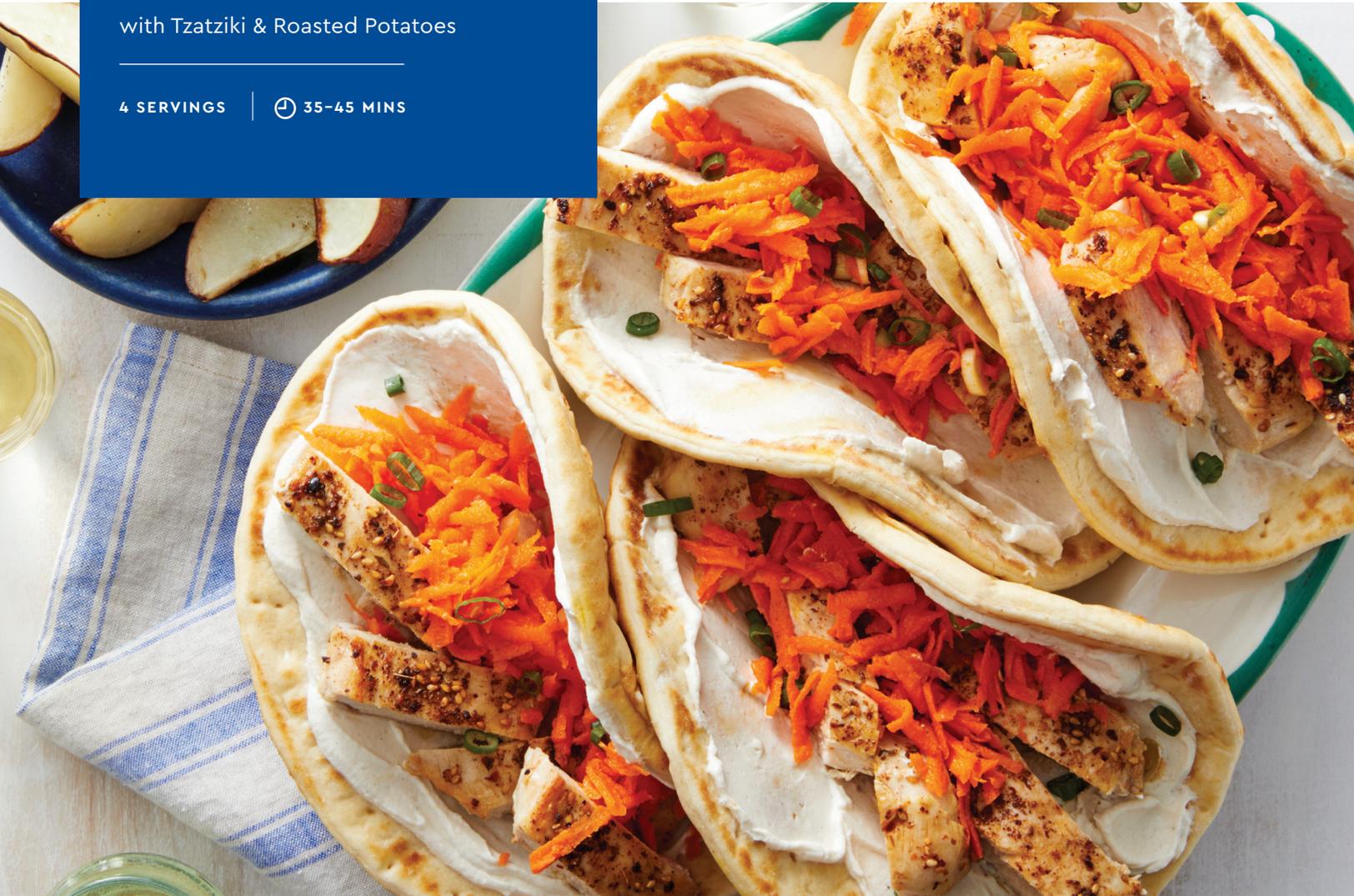
# Chicken Souvlaki Pitas

with Tzatziki & Roasted Potatoes

4 SERVINGS

35-45 MINS

 **Blue Apron**  
blueapron.com



## Ingredients\*

Customized ingredients

 4 Boneless, Skinless Chicken Breasts 

SWAPPED FOR:

 4 Flank Steaks 

 4 Pocketless Pitas

 ¾ lb Carrots

 1 ¼ lbs Potatoes

 2 Scallions

 1 Lemon

 ½ cup Tzatziki<sup>1</sup>

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



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.

1. cucumber-yogurt sauce 2. Sumac, Aleppo Pepper, Sesame Seeds, Salt, Thyme & Whole Oregano  
\*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

## 1 Prepare & roast the potatoes

- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Cut the **potatoes** into 1-inch-wide wedges. Place on a sheet pan. Drizzle with **olive oil** and season with salt and pepper. Toss to coat; arrange in an even layer.
- Roast 27 to 29 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



## 2 Prepare the remaining ingredients & make the slaw

- Meanwhile, peel the **carrots** and grate on the large side of a box grater.
- Thinly slice the **scallions**.
- Halve the **lemon** crosswise; squeeze the juice into a medium bowl, straining out the seeds.
- To the bowl of **lemon juice**, add the **grated carrots** and **sliced scallions**. Drizzle with **olive oil** and season with salt and pepper. Stir to combine. Taste, then season with salt and pepper if desired.



## 3 Cook the chicken

- Pat the **chicken** dry with paper towels. Season on both sides with salt, pepper, and the **za'atar**.
- In a large 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.



## ↻ CUSTOMIZED STEP 3 If you chose Flank Steaks

- Pat the **steaks** dry with paper towels; season on both sides with salt, pepper, and the **za'atar**.
- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned steaks. Cook 2 to 4 minutes per side for medium-rare (125°F), or until browned and cooked to your desired degree of doneness.\*
- Transfer to a cutting board; let rest at least 5 minutes.

## 4 Warm the pitas

- Meanwhile, 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 to a work surface and carefully unwrap.



## 5 Finish the pitas & serve your dish

- Slice the **cooked chicken** crosswise.
- Fill the **warmed pitas** with the **tzatziki**, **sliced chicken**, and **slaw**.
- Serve the **finished pitas** with the **roasted potatoes** on the side. Enjoy!



## ↻ CUSTOMIZED STEP 5 If you chose Flank Steaks

- Find the lines of muscle (or grain) on the **rested steaks**; slice crosswise against the grain.
- Fill the **warmed pitas** with the **tzatziki**, **sliced steaks**, and **slaw**.
- Serve the **finished pitas** with the **roasted potatoes** on the side. Enjoy!

\*The USDA recommends a minimum safe cooking temperature of 165°F for chicken and 145°F for steak. Cook the steaks an additional 2 to 3 minutes to achieve this. Consuming raw or undercooked meat, poultry, fish, seafood or eggs may increase your risk of foodborne illness.

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CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, sesame, and wheat.  
Blue Apron, LLC, New York, NY 10005

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