

# Za'atar-Spiced Chicken Pitas

with Tzatziki & Pickled Peppers

15-25 MINS | 4 SERVINGS

The cooling flavor of cucumber stars two ways in this Mediterranean-style dish. It's paired with creamy Greek yogurt in the tzatziki we use for our hearty, spiced chicken pitas, while fresh cucumbers are tossed with fluffy couscous for crisp, contrasting texture in our side.



## MATCH YOUR BLUE APRON WINE



Crisp & Minerally

Serve a bottle with this symbol for a great pairing.



TOP RATED  
RECIPES

## Ingredients



1 1/8 lbs  
CHOPPED  
CHICKEN BREAST



4  
POCKETLESS  
PITAS



1 cup  
YELLOW  
COUSCOUS



1/2 cup  
TZATZIKI\*



1 tsp  
PRESERVED  
LEMON PURÉE



1 tsp  
WHOLE DRIED  
OREGANO



1  
SWEET ONION



2  
PERSIAN  
CUCUMBERS



1 oz  
SWEET PIQUANTE  
PEPPERS



1 1/2 oz  
FETA CHEESE



2 Tbsps  
SLICED ROASTED  
ALMONDS



1 Tbsp  
ZA'ATAR  
SEASONING\*\*

\*cucumber-yogurt sauce

\*\*Ground Sumac, Sesame Seeds, Salt, Ground Thyme, Whole Dried Oregano & Crushed Aleppo Pepper

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### 1 Cook the chicken & onion:

- If you prefer to use an oven to warm the pitas instead of a microwave, preheat the oven to 375°F.
- Halve, peel, and thinly slice the **onion**.
- Pat the **chicken** dry with paper towels; place in a bowl. Add the **sliced onion**; season with salt, pepper, and the **za'atar**. Toss to coat.
- In a large pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **seasoned chicken and onion** in an even layer. Cook, without stirring, 3 to 4 minutes, or until browned. Continue to cook, stirring occasionally, 3 to 4 minutes, or until the onion is softened and the chicken is cooked through.
- Turn off the heat.

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### 2 Cook the couscous:

- Meanwhile, in a medium pot, combine the **couscous** and **1 cup of water**; season with salt and pepper. Heat to boiling on high.
- Once boiling, turn off the heat. Cover and let stand 6 to 8 minutes, or until the water has been absorbed and the couscous is tender. Fluff with a fork. Taste, then season with salt and pepper if desired.

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### 3 Prepare the remaining ingredients:

- Meanwhile, wash and dry the **cucumbers**; halve lengthwise, then thinly slice crosswise.
- Roughly chop the **peppers**.

### 4 Warm the pitas:

- If using the microwave, wrap the **pitas** in a damp paper towel; microwave on high 1 minute, or until heated through and pliable.
- If using 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.

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### 5 Finish the couscous & serve your dish:

- To the pot of **cooked couscous**, add the **sliced cucumbers, almonds, lemon purée, oregano, cheese** (crumbling before adding), and **2 tablespoons of olive oil**. Season with salt and pepper; stir to combine. Taste, then season with salt and pepper if desired.
- Fill the **warmed pitas** with the **tzatziki, cooked chicken and onion**, and **chopped peppers**.
- Serve the **finished pitas** with the **finished couscous**. Enjoy!

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**NUTRITION PER SERVING (AS PREPARED)\*** Calories: 690, Total Carbohydrates: 69g, Dietary Fiber: 5g, Added Sugar: 3g, Total Fat: 27g, Saturated Fat: 7g, Protein: 45g, Sodium: 1440mg.

CONTAINS: See Ingredient Packaging for Allergen(s).

\*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

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

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