



# CHICKEN SOUVLAKI PITA POCKETS

with Tzatziki and Roasted Sweet Potatoes



## HELLO SOUVLAKI

Mediterranean flavors made weeknight-ready with easy-to-cook chicken breast strips and a flavorful spice blend.

**PREP: 10 MIN** | **TOTAL: 35 MIN** | **CALORIES: 650**



Sweet Potatoes



Shallot



Dill



Sour Cream  
(Contains: Milk)



Turkish Spice Blend



Garlic



Cucumber



White Wine Vinegar



Chicken Breast Strips



Whole Wheat Pitas  
(Contains: Wheat)

## START STRONG

For extra thick and creamy tzatziki, grate your cucumber over a clean kitchen towel, then gather the towel into a tight bundle and squeeze out any excess moisture.

## BUST OUT

- 2 Baking sheets
- Paper towels
- Peeler
- Large pan
- Box grater
- Kosher salt
- Medium bowl
- Black pepper
- Small bowl
- Olive oil (4 tsp | 4 tsp)
- Sugar (½ tsp | 1 tsp)

## INGREDIENTS

Ingredient 2-person | 4-person

- Sweet Potatoes 2 | 4
- Garlic 2 Cloves | 4 Cloves
- Shallot 1 | 1
- Cucumber 1 | 2
- Dill ¼ tsp | ¼ tsp
- White Wine Vinegar 5 tsp | 10 tsp
- Sour Cream 4 TBSP | 10 TBSP
- Chicken Breast Strips\* 10 oz | 20 oz
- Turkish Spice Blend 1 TBSP | 2 TBSP
- Whole Wheat Pitas 2 | 4

\* Chicken is fully cooked when internal temperature reaches 165 degrees.

## WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



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## 1 ROAST SWEET POTATOES

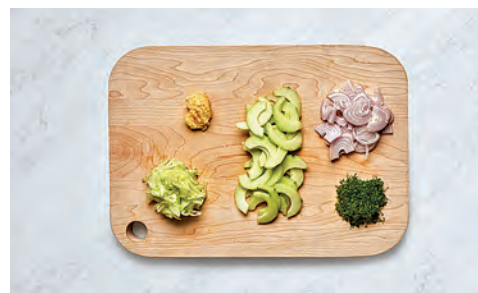
Adjust racks to middle and top positions and preheat oven to 450 degrees. **Wash and dry all produce.** Halve **sweet potatoes** lengthwise; cut crosswise into ¼-inch-thick half-moons. Toss on a baking sheet with a drizzle of **olive oil** and a big pinch of **salt** and **pepper**. Roast on top rack, flipping halfway through, until tender, 20-25 minutes.



## 4 COOK CHICKEN

Pat **chicken** dry with paper towels. Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add chicken and remaining **shallot**. Cook, stirring occasionally, until browned, 3-4 minutes. Add remaining **garlic** and season with **Turkish Spice, salt, and pepper**. Cook, stirring, until chicken is cooked through, 2-3 minutes. Turn off heat.

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## 2 PREP

Meanwhile, mince or grate **garlic**. Halve, peel, and thinly slice **shallot**. Trim and peel **cucumber**; grate on the largest holes of a box grater until you have 2 TBSP (4 TBSP for 4 servings). Halve remaining cucumber lengthwise. Scoop out and discard seeds with a spoon; thinly slice crosswise into half-moons. Pick and roughly chop fronds from **dill**; discard stems.



## 5 TOAST PITAS

Meanwhile, halve **pitas** to create four pockets (eight pockets for 4 servings). Place on a second baking sheet. When sweet potatoes are almost done roasting, place pitas on middle rack. Toast until warmed through but not crispy, 2-3 minutes.



## 3 MAKE CUCUMBER SALAD AND TZATZIKI

In a medium bowl, toss together **sliced cucumber**, half the **shallot, vinegar**, a drizzle of **olive oil, ½ tsp sugar** (1 tsp sugar for 4 servings), **salt, and pepper**. In a small bowl, combine **sour cream, grated cucumber**, half the **dill**, up to half the **garlic** (start with a pinch, then taste and add more if desired), **1 tsp water** (2 tsp for 4), a drizzle of **olive oil, salt, and pepper**.



## 6 SERVE

Fill each pita with **chicken**, a few **sweet potato pieces, tzatziki**, and a small amount of **cucumber salad**. Divide stuffed pitas between plates. Serve remaining cucumber salad and sweet potatoes on the side. Garnish with remaining **dill**.

## BREAKFAST CLUB

Make a morning Greek frappe! Shake 1 TBSP instant coffee + 2 TBSP water + 2 tsp sugar + ice in a jar. Top with evaporated milk.

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