



CHICKEN PITA POCKETS

with a Garlicky Feta Spread & Greek Salad

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Roma Tomato



1 | 2
Persian Cucumber



1 | 2
Shallot



1 | 2
Lemon



1 Clove | 1 Clove
Garlic



4 TBSP | 8 TBSP
Sour Cream
Contains: Milk



½ Cup | 1 Cup
Feta Cheese
Contains: Milk



9 oz | 18 oz
Standard Meat™
Cast-Iron Seared
Chicken Breasts



2 | 4
Whole Wheat
Pitas
Contains: Wheat

HELLO

GARLICKY FETA SPREAD

Creamy, tangy, and super savory—meet your new favorite sandwich spread.



PREP: 5 MIN | COOK: 15 MIN | CALORIES: 590



STANDARD MEAT™

We've been putting the "pro" in protein since 1935. Our secret? Keep it simple. This chicken is simply seasoned with salt and seared on cast-iron. Nothing to get in the way!



BEST OF THE ZEST

We like using a microplane or dedicated zester for zesting citrus. If you don't have one, use a peeler or paring knife to remove just the yellow surface layer from the lemon, then mince it.

BUST OUT

- Zester
- Grater
- 2 Small bowls
- Large pan
- Kosher salt
- Black pepper
- Olive oil (4 tsp | 4 tsp)

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1 PREP

- Wash and dry all produce.
- Cut **tomato** into ½-inch-thick wedges. Trim and halve **cucumber** lengthwise; thinly slice crosswise into half-moons. Halve, peel, and thinly slice **shallot**. Zest and halve **lemon**. Peel and grate or mince **garlic**.



3 WARM CHICKEN

- Thinly slice **chicken*** crosswise.
- Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add remaining **shallot**; cook, stirring, for 1 minute.
- Stir in chicken, **lemon zest**, remaining **garlic**, juice from remaining **lemon**, and **pepper**. Cook, stirring, until chicken is warmed through, 1-2 minutes. Turn off heat.



2 MAKE SALAD & SPREAD

- In a small bowl, combine **tomato**, **cucumber**, half the **shallot**, juice from half the **lemon**, and a drizzle of **olive oil**. Season with **salt** and **pepper**.
- In a separate small bowl, combine **sour cream**, **feta**, a large drizzle of **olive oil**, and a pinch of **garlic**. Season with **salt** and **pepper**.



4 FINISH & SERVE

- Microwave **pitas** until warm and pliable, 10-15 seconds; halve crosswise to create pockets. Spread insides of pita pockets with **feta spread**, then fill with as much **chicken** and **salad** as will fit.
- Divide **pita pockets** between plates. Serve any remaining chicken and salad on the side.

* Chicken is fully cooked when internal temperature reaches 165°.