



CRISPY ZA'ATAR CHICKEN - DINNER

MEDITERRANEAN WRAP - LUNCH



COOK IT ONCE, EAT IT TWICE

Tonight's dinner extras transform into tomorrow's lunch.

DINNER	TOTAL: 45 MIN	CALORIES: 550
LUNCH	TOTAL: 5 MIN	CALORIES: 530

INGREDIENTS FOR: 2-person | 4-person

- | | | | | | |
|---|---|--|--|---|--|
| 
Yukon Gold Potatoes
12 oz 24 oz | 
Sour Cream
(Contains: Milk)
8 TBSP 12 TBSP | 
Za'atar
1 TBSP 2 TBSP | 
Panko Breadcrumbs
(Contains: Wheat)
½ Cup 1 Cup | 
Feta Cheese
(Contains: Milk)
½ Cup ½ Cup | 
Flour Tortillas
(Contains: Wheat)
2 2 |
| 
Asparagus
8 oz 16 oz | 
Lemon
1 2 | 
Garlic
2 Cloves 4 Cloves | 
Chicken Cutlets
20 oz 30 oz | 
Roma Tomato
1 1 | 
Cucumber
1 1 |

BUST OUT • Baking sheet • Peeler • Small bowl • Medium pot • Strainer • Paper towels • Large pan • Potato masher
• Medium bowl • Vegetable oil (2 tsp | 3 tsp, plus more for frying) • Butter (1 TBSP | 2 TBSP) (Contains: Milk)

DINNER



1 PREHEAT, PREP, AND MIX SAUCE

Wash and dry all produce. Adjust rack to upper position and preheat oven to 425 degrees. Lightly **oil** a baking sheet. Peel **potatoes**, then cut into 1-inch cubes. Trim woody bottom ends from **asparagus** and discard. Cut **lemon** into quarters. Mince or grate **garlic**. In a small bowl, mix **4 TBSP sour cream** (2 packets), **1 tsp water**, a big squeeze of lemon juice, and a pinch of garlic. Season with plenty of **salt** and **pepper**.

2 COOK POTATOES

Place **potatoes** in a medium pot with a big pinch of **salt** and **water** to cover by 1 inch. Bring to a boil and cook until tender, 12-15 minutes. Reserve **1/3 cup potato cooking water**, then drain and return to pot. Keep covered and set aside. Meanwhile, pat **chicken** dry with a paper towel. Season half the chicken with salt, **pepper**, and half the **za'atar**. Place seasoned chicken on one side of your oiled baking sheet.

3 ROAST CHICKEN AND ASPARAGUS

Toss **asparagus** on other side of sheet with a drizzle of **oil**, remaining **garlic**, and a pinch of **salt** and **pepper**. Roast in oven until asparagus is tender and chicken is no longer pink in center, about 15 minutes, tossing asparagus halfway through. Meanwhile, mix together **panko**, remaining **za'atar**, and a big pinch of salt on a plate.



4 FRY CHICKEN FOR DINNER

Season remaining **chicken** all over with **salt** and **pepper**, then brush all over with **2 TBSP sour cream** (1 packet). Dip brushed chicken into **panko mixture** one piece at a time, coating all over and pressing to adhere. Heat a 1/4-inch layer of **oil** in a large pan over high heat. Once hot, add crusted chicken and cook until panko is golden brown and meat is cooked through, 3-4 minutes per side. (**TIP:** Lower heat if panko browns too quickly.) Transfer to a paper-towel-lined plate and season with salt.

5 FINISH AND SERVE DINNER

Add remaining **sour cream** and **1 TBSP butter** to pot with **potatoes**. Mash until smooth. Stir in enough **cooking water** to give potatoes a creamy consistency. Season with **salt** and **pepper**. Divide potatoes, **asparagus**, and **panko chicken** between plates. Serve with **2 lemon quarters** on the side (save one for lunch).

LUNCH



6 PREP LUNCH FOR TWO

After dinner, cut **roasted chicken** into small pieces. Halve and seed **tomato**, then cut into 1/4-inch cubes. Halve **cucumber** lengthwise, then cut crosswise into 1/4-inch-thick half-moons. In a medium bowl, toss chicken, tomato, cucumber, **lemon sour cream mixture**, **feta**, and a squeeze of **lemon juice**. Season with **salt** and **pepper**. Fill **tortillas** with mixture and roll into wraps. Keep refrigerated. Enjoy cold or at room temperature. (**TIP:** For best results, pack the tortilla and filling separately and roll just before eating.)

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