



# GREEK CHICKEN PITA POCKETS

*cucumber-tomato salad, sour cream with lemon & dill*

**COOK TIME**  
25 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
710

**MENU**  
MEDI

Sometimes a sandwich with some salad really hits the spot, and we've got a combo that's bright, crunchy, and bursting with the flavors of the Mediterranean. Toasted whole wheat pockets are filled with gyro-seasoned chicken strips and a fresh cucumber-tomato salad dressed with a tangy white wine vinaigrette. To keep things saucy, there's plenty of sour cream with lemon and dill for the pitas and to drizzle on top. Daydreaming of Mykonos as you take each bite: Optional.

## INGREDIENTS (8 ITEMS)

- 1 whole **Cucumber**
- 4 oz **Grape tomatoes**
- 1 whole **Shallot**
- ¾ oz **White wine vinegar**
- 10 oz **Chicken strips\***
- 1¼ tsp **Gyro-style seasoning**
- 2 whole **Whole-wheat pita breads** **w**
- 3½ oz **Sour cream with lemon & dill** **M**

## WHAT YOU'LL NEED

- medium sauté pan
- mixing bowls
- measuring spoons
- thermometer
- oven mitt
- cooking & olive oils
- salt & pepper

## ALLERGENS

- W** WHEAT
- M** MILK



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

\*Chicken is fully cooked when internal temperature reaches 165 degrees and it's no longer pink in the center.

Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry. Consuming raw or undercooked poultry may increase your risk of foodborne illness. Go to [greenchef.com/faq](http://greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

## 1 PREP

- Preheat oven to 425 degrees.
- Cut ends off **cucumber**. Peel if desired. Quarter lengthwise. Scrape seeds out with a spoon. Lay flat and slice across into pieces, about ¼ inch thick.
- Halve **grape tomatoes**.
- Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ¼ inch thick. Small dice a few strips into pieces, about ¼ inch each, until you have about 2 tablespoons.

COOKING FOR  
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

## 2 MAKE SALAD

- Place **cucumber**, **tomatoes**, and **diced shallot** in a medium bowl. Drizzle with **white wine vinegar** to taste and 1 tablespoon olive oil. Season with ¼ teaspoon salt and a pinch of pepper. Toss to combine.

## 3 SEASON &amp; COOK CHICKEN

- Pat **chicken strips** dry with paper towels. Cut any larger strips in half lengthwise.
- Place **chicken** in a second medium bowl. Season with **gyro-style seasoning**, ¼ teaspoon salt, and a pinch of pepper. Drizzle with 1 tablespoon cooking oil. Stir to evenly coat.
- Heat ½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **shallot strips** to hot pan. Lightly season with salt and pepper. Cook 2–3 minutes, or until shallot begins to soften, stirring occasionally.
- Add **chicken**. Cook 5–6 minutes, or until chicken is fully cooked and shallot is tender, stirring occasionally.

## 4 TOAST PITAS

- Place **whole-wheat pita breads** directly on oven rack. Toast 3–4 minutes, or until evenly browned.
- Transfer **pitas** to a cutting board. Halve **pitas**.\*

\*The pitas are hot! Hold them steady with tongs or an oven mitt.

## 5 PLATE YOUR DISH

- Divide **toasted pitas** between plates. Drizzle insides with about half of the **sour cream with lemon and dill**. Stuff with **chicken** and about half of the **cucumber-tomato salad**. Drizzle with remaining **sour cream** to taste. Serve remaining **salad** on the side. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (510g)

Amount per serving

**Calories** **710**

	% Daily Value*
<b>Total Fat</b> 37g	47%
Saturated Fat 9g	45%
Trans Fat 0g	
<b>Cholesterol</b> 130mg	43%
<b>Sodium</b> 1110mg	48%
<b>Total Carbohydrate</b> 54g	20%
Dietary Fiber 7g	25%
Total Sugars 9g	
Includes 2g Added Sugars	4%
<b>Protein</b> 44g	
Vitamin D 0mcg	0%
Calcium 109mg	8%
Iron 3mg	15%
Potassium 475mg	10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### All ingredients in this recipe:

**Chicken Strips** [chicken], **Gyro-Style Seasoning** (Dried Oregano, Onion Powder, Granulated Garlic, Black Pepper, Dried Parsley, Dried Thyme, Sweet Paprika, Cinnamon, Nutmeg), **Lemon-Dill Sour Cream** (Sour Cream [cultured cream], Granulated Garlic, Lemon Juice [lemon], Black Pepper, Dried Dill, Sea Salt), **Cucumber**, **Grape Tomatoes**, **White Wine Vinegar** [aged white wine vinegar], **Shallot**, **Whole-Wheat Pita Breads** [stoneground whole wheat flour, water, sugar, yeast, wheat gluten, contains 2% or less of: salt, wheat starch, maltodextrin, microcrystalline cellulose, dough conditioner (bromelain), calcium propionate]

### Allergen information:

Contains Wheat And Milk

*Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.*

*Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.*