



CHICKEN & GREEK SALAD PITA POCKETS

with Feta

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2

Mini Cucumber



1 | 2

Tomato



2 | 4

Scallions



10 oz | 20 oz

Chopped Chicken Breast



1 tsp | 2 tsp

Garlic Powder



1.5 oz | 3 oz

Greek Vinaigrette
Contains: Eggs, Milk



½ Cup | 1 Cup

Feta Cheese
Contains: Milk



2 | 4

Pitas
Contains: Sesame, Wheat



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HELLO

GREEK SALAD

Fun fact: A traditional Greek salad (or *horiatiki*), like this one, has no lettuce!



PREP: 10 MIN | COOK: 20 MIN | CALORIES: 630



DIVIDE & CONQUER

Why separate scallion whites from greens? The whites are better for cooking, while the greens are better as a fresh topping.

BUST OUT

- Large pan
- Paper towels
- Medium bowl
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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1 PREP

- Wash and dry produce.
- Trim and thinly slice **scallions**, separating whites from greens. Quarter **cucumber** lengthwise; cut crosswise into ¼-inch-thick quarter-moons. Dice **tomato** into ¼-inch pieces.



3 MAKE SALAD & WARM PITAS

- Meanwhile, in a medium bowl, combine **cucumber, tomato, scallion greens, feta, and dressing**.
- Wrap **pitas** in damp paper towels and microwave until warm and pliable, 30-60 seconds.



2 COOK CHICKEN

- Open package of **chicken*** and drain off any excess liquid.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken and **scallion whites** in a single layer; season with **garlic powder, salt, and pepper**. Cook, stirring occasionally, until browned and cooked through, 4-6 minutes.



4 FINISH & SERVE

- Halve **pitas**; gently pull apart to create pockets.
- Fill **pita pockets** with **chicken** and as much **Greek salad** as you like.
- Divide pita pockets between plates and serve with any remaining Greek salad on the side.

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