



# CHICKEN GYRO COUSCOUS BOWLS

with Hummus, Tomato-Cucumber Salad, & Creamy Feta Sauce



## HELLO



Sabra Classic Hummus is a simple, flavorful blend of chickpeas, garlic, and tahini (made from toasted ground sesame seeds), which brings a creamy richness to this dish.

**PREP: 10 MIN** | **TOTAL: 30 MIN** | **CALORIES: 630**



Shallot



Persian Cucumber



Dill



Chicken Stock Concentrate



Za'atar Spice Blend



Sour Cream  
(Contains: Milk)



Heirloom Grape Tomatoes



Lemon



Israeli Couscous  
(Contains: Wheat)



Chicken Cutlets



Feta  
(Contains: Milk)



Sabra Classic Hummus

## START STRONG

When you're ready to serve, give your chopped salad another good toss. This will help ensure all the veggies are coated in a layer of tangy dressing.

## BUST OUT

- 2 Small bowls
- Kosher salt
- Zester
- Black pepper
- Medium bowl
- Small pot
- Paper towels
- Large pan
- Olive oil (4 tsp | 4 tsp)

## INGREDIENTS

Ingredient **2-person** | **4-person**

- Shallot **1 | 2**
- Heirloom Grape Tomatoes **4 oz | 8 oz**
- Persian Cucumber **1 | 2**
- Lemon **1 | 2**
- Dill **¼ oz | ¼ oz**
- Israeli Couscous **½ Cup | 1 Cup**
- Chicken Stock Concentrate **1 | 2**
- Chicken Cutlets\* **10 oz | 20 oz**
- Za'atar Spice Blend **1 tsp | 1 tsp**
- Feta **½ Cup | 1 Cup**
- Sour Cream **2 TBSP | 4 TBSP**
- Sabra Classic Hummus **4 TBSP | 8 TBSP**

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

## WINE CLUB

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## 1 PREP

**Wash and dry all produce.** Halve and peel **shallot**; thinly slice half the shallot and mince remaining. Fill a small bowl with **cold water**; add **sliced shallot** and let soak. (**TIP:** This helps mellow its sharp bite.) Quarter **tomatoes**. Trim and dice **cucumber**. Zest and quarter **lemon** (quarter both lemons for 4 servings). Pick and finely chop fronds from **dill**.



## 4 COOK CHICKEN

Meanwhile, pat **chicken** dry with paper towels; season all over with **½ tsp Za'atar Spice** (1 tsp for 4 servings; we sent more), **salt**, and **pepper**. Heat a large drizzle of **olive oil** in a large pan over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side. (**TIP:** Work in batches, if necessary.) Transfer chicken to a cutting board. When cool enough to handle, thinly slice crosswise.

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## 2 MAKE SALAD

Drain **sliced shallot** and place in a medium bowl. Toss with **tomatoes**, **cucumber**, juice from half the **lemon**, a drizzle of **olive oil**, and **1 TBSP dill** (2 TBSP for 4). Season with **salt** and **pepper**.



## 5 MAKE FETA SAUCE

While chicken cooks, in a second small bowl, combine **feta**, **sour cream**, and **lemon zest** to taste; mash together with a fork. (**TIP:** If the feta is cold, massage in the bag first to soften.) Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. (It's okay if the sauce isn't completely smooth.)



## 3 COOK COUSCOUS

Heat a drizzle of **olive oil** in a small pot over medium-high heat. Add **minced shallot**; cook until softened, 1-2 minutes. Add **couscous** and a pinch of **salt** and **pepper**. Cook, stirring, until toasted, 2-3 minutes. Add **¾ cup water** (1½ cups for 4) and **stock concentrate**. Bring to a boil; cover and reduce to a low simmer. Cook until couscous is tender, 6-8 minutes. Drain any excess water, if necessary. Taste and season with **salt** and **pepper**. Keep covered off heat.



## 6 SERVE

Spread **hummus** on one side of each serving bowl. Fluff **couscous** with a fork; divide between bowls next to hummus. Top couscous with **chicken**. Drain excess liquid from **salad**; arrange over hummus. Drizzle everything with **feta sauce**. Garnish with remaining **dill** if desired. Serve with remaining **lemon wedges** on the side.

## MAJOR KEY

Save leftover za'atar to add bold flavor to roasted veggies or creamy dips.

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