



HOME CHEF

# ZA'ATAR SPICED CHICKEN PITA PLATTER

With Tzatziki Sauce and Cucumber Tomato Salad



Za'atar is a Middle Eastern blend of spices as ancient as the pyramids, but still popular today in Palestinian and Israeli cuisine. It's usually made with dried thyme, oregano, toasted sesame seeds and sumac, a reddish dried berry that adds a lemony note. Here, a chicken breast gets a major flavor boost with the floral perfume from za'atar. The fresh, tomato-cucumber salad and creamy yogurt sauce round out this delicious low-calorie meal.

## OVERVIEW



TIME TO PREPARE



INTERMEDIATE RECIPE



MEDIUM SPICE



DAYS BEST COOKED BY

## NUTRITION

Calories: 559  
Carbohydrates: 57g  
Fat: 8g  
Protein: 65g  
Sodium: 487mg  
*per serving*

## DIETARY



LOW CALORIE



NUT-FREE

## DRINK PAIRING

IPA  
Oakly Chardonnay

## INGREDIENTS

12 oz. Chicken Breast  
1 Tbsp. Za'atar Spice  
1 English Cucumber  
1 Red Onion  
1 Lemon  
1 Garlic Clove  
4 Parsley Sprigs  
5 oz. Grape Tomatoes  
5.3 oz. Greek Yogurt  
2 Pita Flatbreads

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## WHAT YOU NEED

Olive Oil  
Salt  
Pepper

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## EQUIPMENT

3 Mixing Bowls  
Baking Sheet  
Box Grater  
Medium Pan  
Wire-Mesh Strainer

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### Marinate the Chicken

Preheat oven to 375 degrees and prepare a baking sheet with aluminum foil. Rinse **chicken breasts** and pat dry. Place in a bowl or large re-closable plastic bag. Add **1 Tbsp. of olive oil**, **¼ tsp. salt**, and **2 tsp. of za'atar spice**. Toss to coat evenly and marinate for 10-15 minutes.



### Prepare the Ingredients

Rinse all produce and pat dry. Cut the ends off **cucumber**, slice in half lengthwise, and remove seeds with a spoon. Cut one half of the cucumber into **½"** dice. Grate the other half on a box grater and let drain in a wire mesh strainer. Peel, halve, and slice about **¼ of onion** into very thin strips (feel free to use more if you love onion.) Zest and halve **lemon**. Mince **garlic**. Stem **parsley**, reserve a few leaves for garnish and mince the rest. Halve the **tomatoes**.



### Make the Tomato-Cucumber Salad

In a medium bowl, combine **diced cucumber**, **tomatoes**, **red onion**, **lemon zest** and **juice from half a lemon**. Season with a pinch of **salt** and **pepper** and mix thoroughly.



### Cook the Chicken

Warm a medium pan over medium-high heat, when hot add **1 tsp. of olive oil** and **marinated chicken**. Cook chicken for 5-6 minutes on each side until fully cooked and a minimum internal temperature of 165 degrees is reached. Rest meat on a cutting board for 5 minutes, then cut into **½"** slices.



### Make the Tzaziki and Toast Pita

In a small bowl, combine **yogurt**, **grated cucumber**, **minced garlic**, **half of the parsley**, and **juice of remaining lemon half**. Mix thoroughly and season with a pinch of **salt** and **pepper**. Brush **pita pieces** with **olive oil** and season with **remaining za'atar**. Place on prepared baking sheet and toast in oven for 5 minutes until warm and pliable. Slice into six even pieces.



### Plate the Dish

Arrange **chicken slices** and **cut pita** on the plate. Serve **cucumber salad** next to the pita. Place a generous dollop of the **tzaziki** on top of the chicken, or in a small bowl on the side, and garnish with **reserved parsley leaves**.