



Greek-Style Chicken Pitas with Cucumber Salad & Herbed Yogurt Sauce

Using the Spiralizer's straight blade allows you to create a bright salad for a grilled chicken pita in a fraction of the time it takes to use a knife. For extra flavor, you can marinate the chicken for up to 12 hours.

For the herbed yogurt:

1 cup Greek yogurt

1 clove garlic, minced

1 1/2 tablespoons fresh lemon juice

4 tablespoons chopped fresh mint

Salt

1 small red onion, peeled and ends trimmed

1/3 cup vinegar

1 lemon

3 tablespoons olive oil

3 cloves garlic, minced

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1 1/2 tablespoons chopped fresh oregano
1 1/2 tablespoons chopped fresh basil
1 lb boneless skinless chicken breasts, pounded to 1/2 -inch thickness
Salt and freshly ground pepper
1 English cucumber, ends trimmed
1 cup cherry tomatoes, halved (about 5 1/2 oz)
2 oz feta cheese, crumbled 4 rounds pita bread, split

To make the herbed yogurt, combine all the ingredients in a small bowl and stir until well combined. Season to taste with salt. Cover and refrigerate until ready to use.

Cut a slit in one side of the onion, stopping near the center. Spiralize the onion using the Straight Blade and transfer to a bowl. Add the vinegar and let stand at room temperature, stirring occasionally, for 2 hours.

Finely grate the zest from the lemon then squeeze the juice. In a bowl, combine the lemon zest and juice, olive oil, garlic, oregano, and basil. Add the chicken and toss well to combine. Cover and refrigerate for 2 hours.

Heat a stove-top grill pan over medium-high heat. Remove the chicken from the marinade and season lightly with salt and pepper. Cook the chicken until it has nice grill marks and is cooked through, 3-4 minutes per side. Transfer to a cutting board to rest.

While chicken rests, cut a slit in one side of the cucumber, stopping before the seeded core. Spiralize the cucumber using the Straight Blade and transfer to a large bowl. Drain the vinegar from the onion, reserving the vinegar, and add the onion to the bowl with the cucumber. Add the tomatoes and feta cheese. Toss until well mixed, adding the reserved vinegar and salt to taste.

Slice the chicken, then divide it among the split pitas. Divide the cucumber salad among the sandwiches, drizzle each with the herbed yogurt, and serve. Serves 4.

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