



HEALTHY
EATS

Spiced Chickpea Pitas

with Garlic Yogurt and Cucumber

 20-30min  2 Servings

Crunchy, soft, creamy, cool, tangy, crisp: any and all of these words can be used to describe this pita, whose contents could only be outshined by how fun they are to assemble and eat (but that's obviously impossible—did we mention there's feta involved?) Best of all: only one baking sheet required. Cook, relax, and enjoy!

What we send

- chickpeas
- cucumber
- large clove garlic
- lemon
- fresh mint

What you need

Tools

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Energy 530.0kcal, Fat 19.3g, Proteins 22.9g, Carbs 58.1g



1. Prep ingredients

Preheat oven to 450°F. Rinse and drain chickpeas. Peel cucumber and halve lengthwise. Use a spoon to scoop out seeds. Chop cucumber into ¼-inch pieces and place in a medium bowl.



2. Roast chickpeas

Toss chickpeas with 1 tablespoon oil, za'atar, ½ teaspoon salt, and ¼ teaspoon pepper on a rimmed baking sheet. Roast until golden and crispy, 15-18 minutes.



3. Make tzatziki

Peel garlic and grate or finely chop. Add garlic to cucumbers along with yogurt. Halve lemon and squeeze half into yogurt. Season with ¼ teaspoon each salt and pepper and stir to combine.



4. Prep feta & mint

Crumble feta and pick mint leaves from stems.



5. Warm pita

Place pita directly on oven rack until warm, about 2 minutes. Cut pitas in half and gently loosen pockets to open.



6. Build sandwiches

Stuff pitas with tzatziki, chickpeas, feta, and mint. Cut remaining lemon half into wedges and squeeze over sandwiches before serving. Enjoy!