

SKU1841 hero

Tandoori-Spiced Grilled Pita

with Zucchini, Spinach & Raita



20-30min



4 Servings

If you don't have a grill or grill pan, this recipe is just as tasty under the broiler. Preheat the broiler with the top rack 6 inches from the heat source. Place seasoned zucchini and onions on a rimmed baking sheet and broil on the top rack until tender and lightly charred, 3-4 minutes. Toast pitas directly on the top rack, about 1 minute per side.

What we send

- garlic
- tandoori spice blend
- cucumber
- zucchini
- fresh cilantro
- red onion
- baby spinach

What you need

- kosher salt & ground pepper
- olive oil
- white wine vinegar ¹⁷

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

Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 490.0kcal, Fat 25.0g, Proteins 18.0g, Carbs 50.0g



1. Prep vegetables

Trim stem ends from **zucchini** and slice ½-inch thick on an angle. Peel **onion**, then slice into ½-inch thick rounds. In a medium bowl, gently toss vegetables (trying to keep onion rings in tact) with **3 tablespoons oil**, **1½ tablespoons tandoori spice**, **1 teaspoon salt**, and **several grinds of pepper**.



4. Grill pitas

Lightly drizzle **pitas** on both sides with **oil**. Grill, in batches if necessary, until warmed through and lightly charred, 1-2 minutes per side.



2. Make raita

Heat a grill or grill pan over high. Peel and finely chop **¾ teaspoon garlic**. Roughly chop **cilantro leaves and stems** together. Finely chop **cucumber**. In a small bowl, stir together **yogurt**, cucumbers, garlic, half of the cilantro, and **2 tablespoons oil**. Season to taste with **salt** and **pepper**.



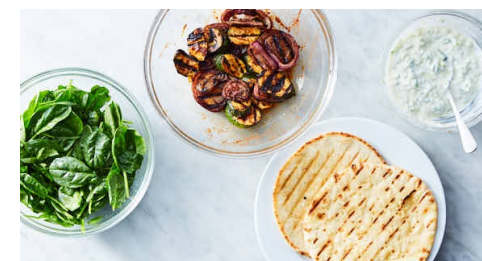
5. Dress spinach

In a medium bowl, whisk together **1 tablespoon vinegar**, **2 tablespoons oil** and **a pinch each salt and pepper**. Add **spinach** and toss to coat.



3. Grill vegetables

Lightly brush grill or grill pan with **oil**. Add **onions** and **zucchini**, in batches if necessary, and cook over medium-high, covered, until vegetables are softened and lightly charred, 3-4 minutes per side. Transfer to same bowl and cover to keep warm.



6. Assemble pitas & serve

Top **pitas** with **dressed spinach**, followed by **grilled vegetables**. Dollop **some of the raita** on top and garnish with **remaining cilantro**. Serve **remaining raita** on the side. Enjoy!