



Mediterranean Chicken Flatbreads

with Heirloom Baby Tomato Salad

20 Minutes



Chicken Breasts
2 | 4



Flatbread
2 | 4



Baby Heirloom Tomatoes
113 g | 227 g



Spring Mix
56 g | 113 g



Parsley
7 g | 14 g



Seed Blend
28 g | 56 g



Feta Cheese, crumbled
1/4 cup | 1/2 cup



Sun-Dried Tomato Pesto
1/4 cup | 1/2 cup



Yogurt Sauce
3 tbsp | 6 tbsp



Red Wine Vinegar
1/2 tbsp | 1 tbsp



Garlic Spread
2 tbsp | 4 tbsp



Dill-Garlic Spice Blend
1 tsp | 2 tsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Sugar, oil, salt, pepper

Cooking utensils | Aluminum foil, 2 baking sheets, large bowl, measuring spoons, medium bowl, paper towels, whisk

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

1



Prep

- Before starting, preheat the broiler to high.
- Wash and dry all produce.
- Halve **tomatoes**.
- Finely chop **parsley**.

2



Prep chicken

- Pat **chicken** dry with paper towels.
- Toss **chicken** with **1 tbsp** (2 tbsp) **oil**, then season all over with **Dill-Garlic Spice Blend** on a foil-lined baking sheet. Season with **salt** and **pepper**.

3



Broil chicken

- Broil **chicken** in the **middle** of the oven until golden-brown and cooked through, 8-10 min.**
- Carefully cut **cooked chicken** into 1-inch pieces.
- Add **chicken** and **half the garlic spread** to a medium bowl. Toss until **chicken** is coated.

4



Toast flatbreads

- Meanwhile, arrange **flatbreads** on an unlined baking sheet.
- Spread **remaining garlic spread** on **flatbreads**.
- Toast **flatbreads** in the **bottom** of the oven until softened, 2-5 min. (**NOTE:** For 4 ppl, toast in the middle and bottom of the oven.)

5



Make salad

- Add **half the vinegar** (use all for 4 ppl), **½ tsp** (1 tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** in a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **spring mix** and **half the tomatoes**, then toss to coat.

6



Assemble flatbreads and serve

- Working directly on the baking sheet, spread **pesto** over **flatbreads**, then top with **chicken** and **remaining tomatoes**.
- Transfer **flatbreads** to a cutting board. Cut **flatbreads** into quarters, then divide between plates.
- Drizzle **yogurt sauce** over **flatbreads**.
- Sprinkle **feta** and **parsley** over top.
- Serve **salad** alongside, then top with **seed blend**.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.