

sheet pan chicken pitas with tzatziki

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prep time: 30 minutes

cook time: 15 minutes

total time: 45 minutes

yield: 4-6 servings 1x

DESCRIPTION

Sheet Pan Chicken Pitas that are salty-briney-crunchy in all the right ways! Marinated chicken, roasted peppers, fresh cucumber, kalamata olives, feta cheese, and an easy homemade tzatziki.

INGREDIENTS

SCALE 1x 2x 3x

Chicken:

- 1 lb. **boneless skinless chicken breasts**, cut into very thin strips
- 3 cloves **garlic**, grated
- 1 tablespoon **olive oil**
- 1-2 tablespoons **lemon juice**
- 1 teaspoon **each** of **cumin**, **smoked paprika**, and **kosher salt**
- 1/2 teaspoon **curry powder**
- black pepper** to taste

Peppers:

- 2-3 bell peppers, sliced
- olive oil** and **salt**

Tzatziki:

- 3/4 cup **full-fat plain** Greek yogurt
- 1/2 cup **grated cucumber** (about one half of a large cucumber)
- 1-2 tablespoons **lemon juice**
- 1-2 tablespoons **olive oil**
- 1 small clove **garlic**, grated
- 1 teaspoon **dried dill**
- 1/2 teaspoon **kosher salt**
- pepper** to taste

Other:

- diced **cucumbers**
- diced **red onion**
- kalamata olives**
- feta cheese**
- some kind of **flatbread** (*pita, naan, socca*)

• We always use an amount of meat appropriate for 2 people -- 1/2-3/4 lb. -- and then make all the marinade + all the sauce.

PLAIN - Not vanilla...

INSTRUCTIONS

1. Mix chicken ingredients in a bowl. Marinate for 30 minutes.
2. Preheat the oven to 425 degrees.
3. Mix all tzatziki ingredients. *just brush, toss is too much oil.*
4. On a sheet pan, toss the peppers with olive oil and salt. On a second sheet pan, place the chicken pieces. Roast both for 10-15 + minutes, until chicken is cooked and peppers are browned.
5. Serve chicken, peppers, sauce, and all the other fixings on a big platter (or just a sheet pan, really) and everyone can build their own pitas / bowls / salads. So much salty-briney-crunchy goodness.

NOTES