

Israeli Salad Chicken Pita

There is nothing better than a cool mix of veggies, tossed with a few seasonings, fresh herbs and a little acidity. This is my absolute favorite flavors to put in my mouth. Now stuff it in a good quality pita bread, topped with a little chicken, add a creamy component, such as hummus, along with that crunch from veggies blended with a little acidity to bring your sandwich to the next level. This sandwich just pops with flavor, give it a try and you will see for yourself.



Serves 4 sandwiches

Ingredient List:

Tomato, large, chopped small, 1 each
Cucumber, seedless, chopped small, 1 each
Red onion, finely chopped, 1/2 cup
Red Pepper, medium, chopped small, 1
Yellow or Green Pepper, medium, chopped small, 1
Fresh herbs mixture, finely chopped, 1 cup total (mint, cilantro, parsley)
Fresh ginger, grated, 1 teaspoon
Juice of lemon, 1-2 each
Red wine vinegar, 1 tablespoon
Cumin, 1/8 teaspoon
Kosher salt, 1/2 - 1 teaspoon
Black pepper, to taste

Chicken thighs, boneless, skinless, approximately, 4-6 thighs
Kosher salt, as needed
Black Pepper, as needed
Oregano, dry, as needed
Avocado oil, 2 tablespoons
Feta cheese crumbles, as desired
Chick pea hummus, original or red pepper, as desired
Pita bread, good quality, 4 each
Avocado oil, to grill pita

Lets Get Cooking:

1. Prepare all your vegetables, cutting everything about 3/8" square, and transfer to a large bowl. Then finely chopped your fresh herbs and grated the ginger; add to the bowl, along with the lemon juice and red vinegar. Give the mixture a good stir then add in your cumin, salt and pepper. Once you have stirred in the seasoning, give it a taste and adjust with more salt and pepper if desired. Cover and set aside until you have cooked your chicken thighs and grilled your pitas.

2. In a large non-stick skillet pan, add the 2 tablespoons of avocado oil to the pan and heat over a medium high heat. Season both sides of the chicken thighs with salt, pepper and oregano and carefully place in the pan once it is hot. Be sure not to crowd the pan, normally 4 thighs fit comfortably at a time. Allow to cook for about 4 minutes before turning over. Cook for an additional 4 minutes or until internal temperature reaches 165 degrees. Please note that you may have to adjust your heat a bit depending on how fast the chicken thighs are browning. If you have more thighs, repeat this step.
3. Once the chicken is ready, transfer to a cutting board to rest. Heat a clean skillet pan, with a little oil over a medium high heat and grill your pita breads on each side for 1-2 minutes until they start to brown. Keep each pita warm until desired number are cooked.
4. Assemble your pitas: Place your grilled pita on a plate and smear down the center the desired amount of hummus. Then top with a generous amount of vegetable salad, being careful to drain any excess juice. Top with chopped chicken thighs and feta cheese. Serve open face or rolled up like a gyro.