

Vegetarian

These recipes don't contain meat, poultry, fish, or seafood.* They're made with fruits and vegetables, grains, legumes, nuts, and seeds. *Select artisanal cheeses may contain animal-derived rennet.

Carb Conscious

This applies to meal kit recipes with 48g or less of net carbs (total carbs minus dietary fiber) per serving. Carb Conscious Add-ons contain 20g or less net carbs.

Mediterranean Diet

Our Mediterranean recipes are inspired by the Mediterranean Diet, a healthy eating plan recommended in the Dietary Guidelines for Americans published jointly every five years by the US Department of Agriculture (USDA) and the Department of Health & Human Services (DHHS). This eating plan highlights the flavors and cooking styles from countries along the Mediterranean Sea, including those in Europe, the Middle East, and North Africa. These recipes showcase a wide variety of vegetables, fruits, and whole grains, as well as lean proteins and moderate portions of dairy.

600 Calories or Less

These meals contain 600 calories or less per serving. The US Food & Drug Administration uses 2000 calorie daily intake for general advice. The 600 calorie cap equates to 30% of the total 2000 calories per day based on 3 meals per day with 200 calories remaining for snack or beverage.

Wellness Grain

These recipes feature grains such as barley, quinoa, farro, orzo, couscous and more, handpicked by our Culinary team in collaboration with our Registered Dietitian.

Pescatarian

These recipes feature a wide array of nutritious seafood options like salmon, cod, tilapia, crab, and shrimp. While these dishes never contain meat, pork or poultry, they may contain animal derived ingredients such as milk, butter, cheese and/or honey.

30g Of Protein

These meals contain 30g or more of protein per serving, and are ideal for those looking to focus their meals around protein intake.

Keto Friendly

These meals have approximately 10% of calories from carbohydrates, 20% from protein, and 70% from dietary fats (per serving).

45g Of Protein

These meal kit recipes contain 45g or more of protein per serving, and are ideal for those looking to focus their meals around protein intake.

Nutritionist's Pick

These meals are selected by Blue Apron's Registered Dietitian Nutritionist. They are centered around nutritious and wholesome ingredients, featuring whole grains and fresh produce which provide fiber. They also contain moderate portions of dairy and lean protein while being mindful of saturated fat.

Wheat Free

These meals are prepared with ingredients that do not contain wheat. They feature grains such as barley and rice as well as proteins and vegetables.

Reduced Sodium

These Prepared and Ready dishes contain at least 25% less sodium per 100 grams (or 3.5 oz) than our average Prepared and Ready Meal as of October 1, 2024. Sodium content has been reduced from 330 mg per 100 grams to 250 mg per 100 grams. These dishes focus on ingredients with strong flavor and moderate salt.

Vegan

To view a recipe's full nutrition information, head to your Upcoming page at blueapron.com, click on a specific recipe, then head to the Nutrition tab and select 'View Full Nutrition.'

Nutrition Facts Panels are available up to 1.5 weeks in advance



45g of Protein

Available Options

with Boneless Chicken Breast Pieces

includes 10 oz No Added Hormones, Antibiotic-Free Boneless Chicken Breast Pieces

with Shrimp

includes 10 oz Sustainably Sourced, Uncooked Shrimp (Peeled & Deveined) [View recipe](#)

with Boneless Chicken Breast Pieces ▾

From the Test Kitchen

For this satisfying Middle Eastern spread, you'll pan-fry our new falafel mix until perfectly crispy before serving the falafel alongside tender bites of shawarma-spiced chicken, warm pitas, and a bright cucumber-tomato salad. Two creamy sauces—classic tzatziki and a nutty tahini sauce—give an extra boost of flavor to this dynamic, nourishing dish.

Dietary Information

See nutrition facts for total fat, saturated fat, cholesterol, and sodium information

45g Of Protein
Nutrition
PER SERVING

Calories
780 Cals

View Full Nutrition
[Download](#)

fresh ingredients

10 oz Boneless Chicken Breast Pieces
4 oz Falafel Mix
2 Pocketless Pitas
1 Persian Cucumber
1 Lemon
4 oz Grape Tomatoes
3 Tbsps Garlic-Tahini Sauce
½ cup Tzatziki (Cucumber-Yogurt Sauce)
1 Tbsp Sherry Vinegar
½ Tbsp Shawarma Spice Blend (Ground Coriander, Cumin Seeds, Garlic Powder, Smoked Sweet Paprika & Ground Turmeric)



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step-by-step instructions



1 Prepare the ingredients & make the sauce

Wash and dry the fresh produce. In a medium bowl, combine the falafel mix and **1/2 cup of water (or 1 cup for 4 servings)**. Set aside to rest, without stirring, at least 10 minutes, or until the water is absorbed. Halve the **cucumber(s)** lengthwise, then thinly slice crosswise. Halve the **tomatoes**. Quarter and deseed the **lemon(s)**. In a bowl, combine the **sliced cucumber(s)**, **halved tomatoes**, **vinegar**, and a drizzle of **olive oil**; season with salt and pepper. Stir to combine. In a separate bowl, combine the **garlic tahini sauce** and the juice of **2 lemon wedges (or 4 wedges for 4 servings)**.



2 Cook the chicken

Pat the **chicken** dry with paper towels; place in a bowl. Season with salt, pepper, and the **spice blend**. Toss to coat. In a medium nonstick pan (or large for 4 servings), heat a drizzle of **olive oil** on medium-high until hot. Add the seasoned chicken in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring occasionally, 3 to 4 minutes, or until browned and cooked through. Transfer to a plate. Cover with foil to keep warm. Rinse and wipe out the pan.



3 Form & cook the falafel

Form the **falafel mixture** into **6 equal-sized patties** (or **12 patties for 4 servings**). In the same pan, heat a thin layer of oil on medium. Once the oil is hot enough that a pinch of falafel sizzles immediately when added, add the **falafel patties** in an even layer. Cook 3 to 4 minutes per side, or until golden brown and heated through (if the pan seems dry, add a drizzle of oil before flipping). Transfer to a paper towel-lined plate; immediately season with salt if desired.



4 Warm the pitas & serve your dish

Meanwhile, wrap the **pitas** in a damp paper towel. Microwave on high 30 seconds to 1 minute, or until heated through and pliable. Transfer to a work surface and carefully unwrap.

Serve the **warmed pitas** with the **cooked chicken**, **cooked falafel**, **cucumber-tomato salad**, **tzatziki**, and **sauce**. Serve the **remaining lemon wedges** on the side. Enjoy!