



COMMUNITY CLASSROOM KITCHEN RECIPES  
**MEDITERRANEAN SPICED CHICKEN PITA  
WITH ORZO**

# SOM ONE-FOR-ONE MEAL BOXES

**SPACE OF MIND™**  
A MODERN SCHOOLHOUSE

During this time of uncertainty, Space of Mind and our nonprofit 501(c)3 initiative, Community Classroom Project, have partnered with other local nonprofits, restaurants and community leaders who are committed to making our creative and culinary resources available to the community - the entire community - in a very special way.

As we all struggle with our new - and hopefully temporary - normal, we want to encourage family engagement and the development of new rituals and skills in our homes. We also believe that EVERY family right now should have access to meals and resources that will reinforce togetherness, reduce hunger and reinstate sanity at this crazy time.

Each meal box includes a set of ingredients for a healthy family dinner and dessert and a link to watch our chef, Blake Malatesta, teach you how to prepare it TOGETHER. Each purchased meal box will be upcharged at a slight rate so that we can donate a box to a local family who couldn't otherwise drive to the store, has no stockpile of food and needs this opportunity for some stress relief and hearty sustenance now more than ever.

Thank you for helping us to think "outside the box" while we all struggle to stay inside and wait this out. We might as well eat well and have some family laughs while we do it!



MEDITERRANEAN CHICKEN PITA WITH ORZO  
CUCUMBER SALAD

# INGREDIENTS

- 1 ⅛ lb. Chopped Chicken Breast
- 4 ea. Pita
- 8 oz. Orzo
- 1 ea. Lemon
- 1 ea. Yellow Onion
- ½ ea. European Cucumber
- ½ cup Tzatziki (Cucumber-Yogurt Sauce)
- 3 oz. Feta Cheese
- 4 oz. Red Wine Vinaigrette
- 1 tsp. Dried Oregano
- 1 tbl. Mediterranean Seasoning
- 1 oz. Parsley
- 2 ½ oz. Arugula

## At Home Ingredients

- 4 tbl. Olive oil (divided)
- 2 ½ cup Water
- To taste Kosher Salt (for chicken & pasta water)
- To taste Fresh Ground Black Pepper (for chicken & pasta water)

## Kitchen Tools

- 12" Saute pan (non-stick if available)
- Rubber Spatula / Flat Spoon
- Medium Stockpot
- Colander
- Chef's Knife
- Paper Towels



# PREPARE TO COOK

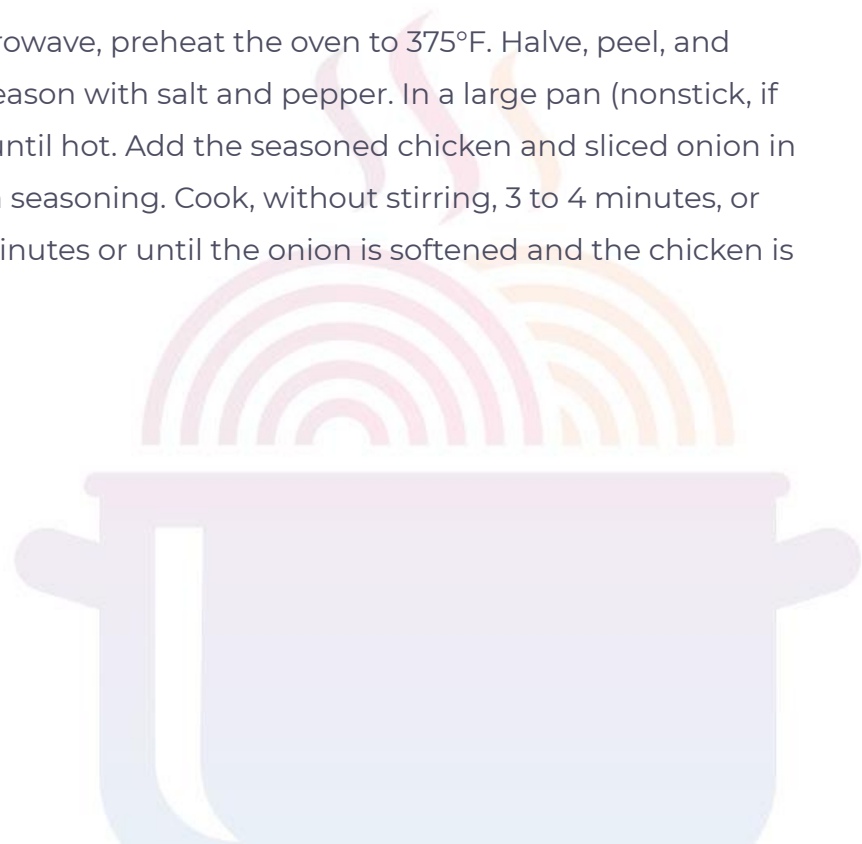
When you receive your meal prep. Remove all items and organize on work surface. If not cooking immediately, place perishable items in refrigerator (chicken breasts, feta cheese, cucumber, red wine vinaigrette, arugula, parsley and tzatziki sauce) all other ingredients can be left in out in dark dry storage till ready to cook.

When ready to cook get your *Mise en Place* (French for things in place) organized on your work surface. Grab all kitchen tools and get ready to cook. BEFORE STARTING read through each step carefully to have game plan of how you will be cooking.



## STEP 1. PREPPING ONION, COOKING CHICKEN

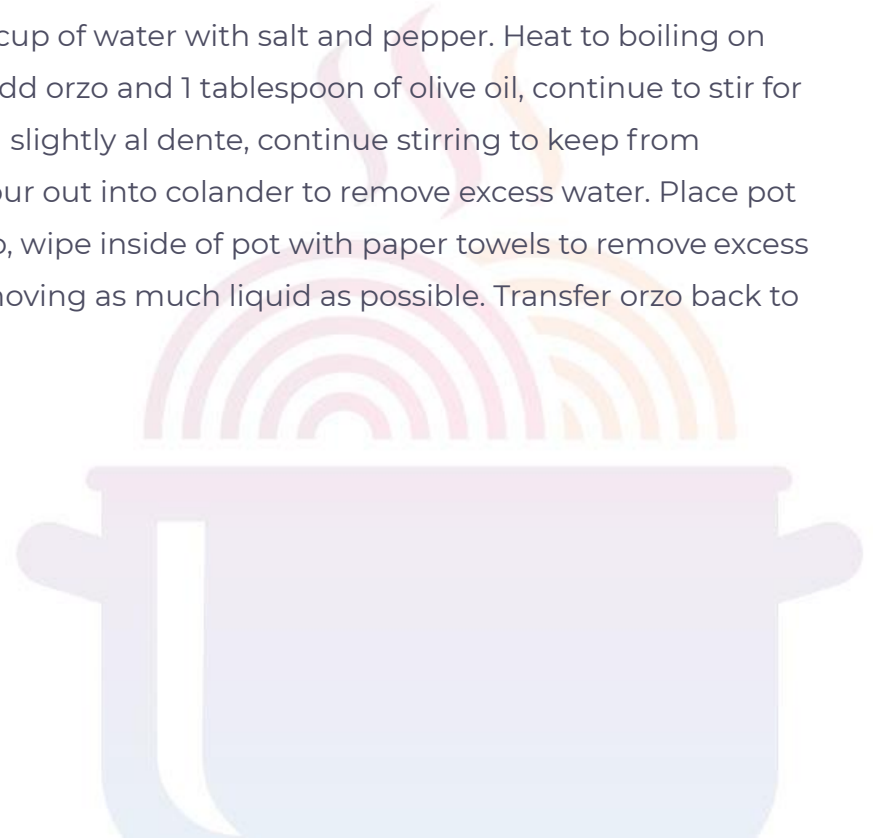
If you prefer to use an oven to warm the pitas instead of a microwave, preheat the oven to 375°F. Halve, peel, and thinly slice the *onion*. Pat the *chicken* dry with paper towels; season with salt and pepper. In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned chicken and sliced onion in an even layer; season with salt, pepper, and the Mediterranean seasoning. Cook, without stirring, 3 to 4 minutes, or until browned. Continue to cook, stirring occasionally, 3 to 4 minutes or until the onion is softened and the chicken is cooked through. Turn off the heat.



## STEP 2. FINISHING COOKING CHICKEN, START COOKING

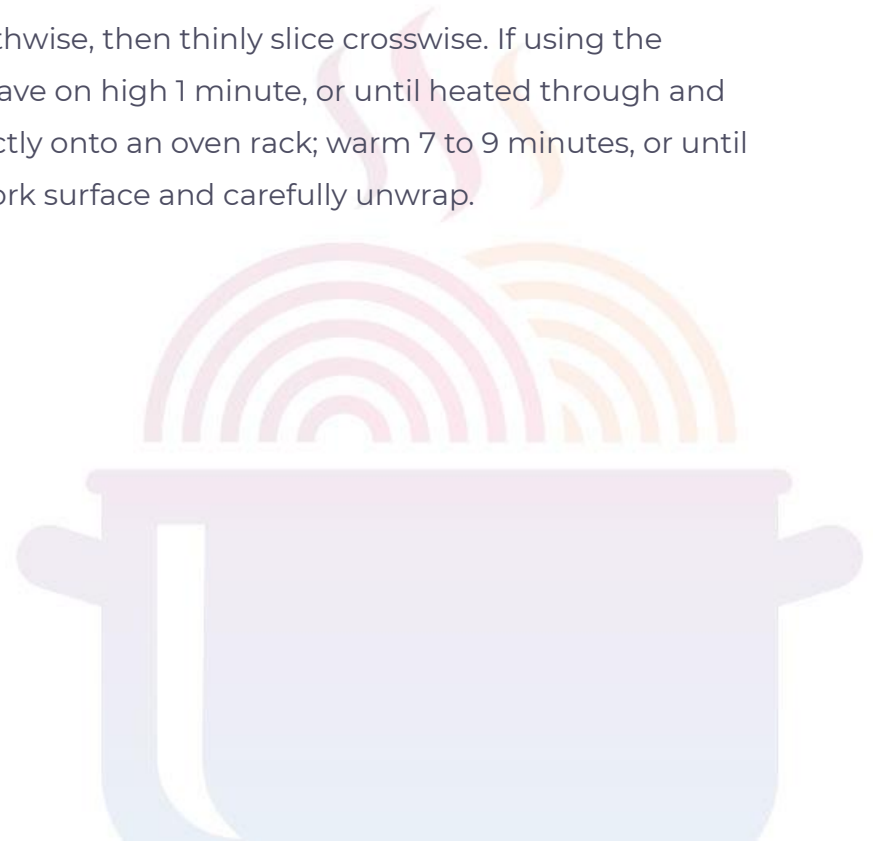
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While the chicken and onion cook, in a medium pot add 2 ½ cup of water with salt and pepper. Heat to boiling on high. Once boiling, stir water to create current then carefully add orzo and 1 tablespoon of olive oil, continue to stir for additional 1 minute. Reduce heat to medium and cook orzo till slightly al dente, continue stirring to keep from sticking.. When cooked to personal doneness, turn off heat, pour out into colander to remove excess water. Place pot back on stove top away from burner (you will use it to mix orzo, wipe inside of pot with paper towels to remove excess water when cooled slightly. Let orzo drain for 2-3 minutes (removing as much liquid as possible. Transfer orzo back to pot.



### STEP 3. FINISHING ORZO, CUTTING CUCUMBER, WARMING

While the orzo cooks, wash and dry the cucumber; halve lengthwise, then thinly slice crosswise. If using the microwave, wrap the pitas in a damp paper towel and microwave on high 1 minute, or until heated through and pliable. If using the oven, place the pitas in aluminum foil directly onto an oven rack; warm 7 to 9 minutes, or until heated through and pliable. Transfer the warmed pitas to a work surface and carefully unwrap.





## STEP 4. READY TO SERVE

To the pot of cooked orzo, add the sliced cucumbers, red wine vinaigrette, oregano, feta cheese (crumbling before adding), and parsley. Season with salt and pepper and add remaining olive oil if desired. Stir to combine. Taste, then season with salt and pepper if desired. Fill the warmed pitas with the tzatziki, cooked chicken and onion, and arugula, and finish building with slight squeeze of fresh lemon juice. Serve the finished pitas with the warm orzo salad on the side. Enjoy!



