



## Moroccan-Spiced Chicken & Salad

with Green Beans & Tarragon Dressing



20-30min



2 Servings

This low-calorie, low-carb chicken dinner cooked entirely on one baking sheet is a revelation! Lean chicken breast is enhanced by warming harissa spice blend and accompanied by crisp cucumbers, green beans, and vibrant tarragon dressing.



## What we send

- ½ lb green beans
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz harissa spice blend
- ¼ oz fresh tarragon
- 1 pkt Dijon mustard <sup>17</sup>
- 1 cucumber
- 1 romaine heart

## What you need

- olive oil
- kosher salt & ground pepper
- white wine vinegar (or vinegar of your choice) <sup>17</sup>
- garlic

## Tools

- rimmed baking sheet
- microplane or grater

## Allergens

Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 480kcal, Fat 26g, Carbs 19g, Protein 43g



### 1. CHICKEN VARIATION

Preheat oven to 450°F with a rack in the center.

Trim ends from **green beans**. Pat **chicken** dry, then drizzle with **oil** and season all over with **1½ teaspoons harissa spice blend**.



### 4. Make dressing

Meanwhile, pick and finely chop **1 tablespoon tarragon leaves**; discard stems.

Finely grate **¼ teaspoon garlic** into a large bowl. Add **chopped tarragon, mustard, 3 tablespoons oil**, and **2 tablespoons vinegar**; whisk to combine. Season to taste with **salt and pepper**. Transfer **1½ tablespoons of the dressing** to a small bowl and reserve for step 6.



### 2. Roast green beans

On a rimmed baking sheet, toss **green beans** with **1 teaspoon oil** and season with **salt and pepper**; spread into an even layer.

Roast on center oven rack until beginning to warm through, about 2-3 minutes.



### 3. Roast chicken

Push **green beans** to sides of baking sheet. Place **chicken** in center.

Roast on center oven rack until chicken is golden, cooked through, and 165°F internally, 12-14 minutes.



### 5. Prep salad

Trim **cucumber** (peel if desired). Halve lengthwise and thinly slice into half moons. Halve **romaine** lengthwise and thinly slice crosswise, discarding stem end.



### 6. Assemble salad & serve

Let **chicken** cool slightly, then slice. Add **cucumbers** and **romaine** to large bowl with **dressing**; toss to coat. Season to taste with **salt and pepper**.

Serve **chicken** over **salad** with **green beans** alongside. Drizzle all over with **reserved dressing**. Enjoy!