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Harissa Butter Grilled Chicken

with Spiced Carrots & Spinach Salad



30-40min



2 Servings

If you don't have a grill or grill pan, heat 1 tablespoon oil in a medium skillet over medium-high. Add chicken and cook until golden and cooked through, 3-4 minutes per side. Add scallions to skillet and cook until tender and lightly charred, about 1 minute.

What we send

- scallions
- carrots
- baharat spice blend ¹¹
- honey
- baby spinach
- harissa spice blend
- roasted red pepper
- boneless, skinless chicken breasts

What you need

- butter ⁷
- kosher salt & ground pepper
- olive oil
- white wine vinegar ¹⁷

Tools

- meat mallet (or heavy skillet)
- skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Milk (7), Sesame (11), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 490kcal, Fat 28g, Carbs 20g, Proteins 37g



1. Prep ingredients

Trim and discard ends from **scallions**, then very thinly slice 1 tablespoon scallion dark greens; leave remaining scallions whole. Transfer sliced scallions to a small bowl and add **2 tablespoons butter** and let soften slightly. Peel **carrots**, then slice $\frac{1}{4}$ -inch thick on an angle. In a small bowl, stir together **honey** and **$\frac{1}{2}$ teaspoon of the baharat spice**.



4. Prep chicken

Place **chicken** between 2 sheets of plastic wrap and, using a meat mallet or heavy skillet, pound to an even thickness of $\frac{3}{4}$ -inch, if necessary. Rub chicken with **oil** and season with **$\frac{1}{2}$ teaspoon salt** and **several grinds of pepper**.



2. Make harissa butter

Pat **roasted peppers** dry, then finely chop 1½ tablespoons and add to bowl with **sliced scallions and butter**. Add **$\frac{1}{4}$ - $\frac{1}{2}$ teaspoon of the harissa spice** (depending on heat preference), season with **salt** and **pepper**, and mash until combined. Set aside until step 6.



5. Grill chicken & scallions

Heat a grill pan over medium-high or light a grill. Add **chicken** and **long scallion pieces** and cook, turning once or twice until lightly charred and cooked through, about 7 minutes total for chicken and 3-4 minutes for scallions. Transfer to a cutting board and slice chicken. Cut scallions into 1-inch pieces.



3. Cook carrots

Heat **1 tablespoon butter** in a medium skillet over medium-high. Add **carrots** and cook, stirring, until just starting to brown, about 5 minutes. Add **$\frac{1}{4}$ cup water**, cover, and cook over medium heat until tender and water is evaporated, about 3 minutes. Add **honey spice mixture** and cook, stirring, until glazed, 1-2 minutes more. Cover and keep warm off the heat.



6. Finish & serve

In a medium bowl, whisk **$\frac{1}{2}$ teaspoons vinegar** with **1 tablespoon oil** and season to taste with **salt** and **pepper**; add **spinach** and toss to combine. Transfer **salad** to plates and top with **grilled chicken** and **scallions**. Spoon **harissa butter** over top and serve **spiced carrots** alongside. Enjoy!