MARLEY SPOON

# Easy Prep! Baharat Chicken Pan Roast

with Feta & Crispy Chickpeas

20-30min 2 Servings

Baharat is a traditional Middle Eastern spice blend made of cumin, cardamom, nutmeg and paprika. Here, we marinate chicken in this robust spice for rich flavor. But the best part of this flavorful meal? It comes together on one sheet pan—easy clean up! We toss tomatoes and chickpeas and roast them alongside the spiced-rubbed chicken. A tangy lemon-garlic sauce and a sprinkle feta over top takes this plate to the next level.

## What we send

- ¼ oz baharat spice blend [2]
- 12 oz pkg boneless, skinless chicken breasts
- garlic
- 1 lemon
- 15 oz can chickpeas
- 1 large pkg grape tomatoes
- ¼ oz fresh mint
- 2 (2 oz) feta [1]

## What you need

- olive oil
- kosher salt & ground pepper
- sugar

## Tools

- microplane or grater
- fine-mesh sieve
- rimmed baking sheet

**Cooking tip**

Time saver: sandwich the grape tomatoes between two plastic deli lids, then cut through the middle to halve tomatoes.

**Allergens**

Milk (1), Sesame (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

**Nutrition per serving**

Calories 600kcal, Fat 36g, Carbs 38g, Protein 58g

### 1. Marinate chicken

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

In a medium bowl, combine **1 tablespoon oil**, **1 teaspoon baharat spice blend**, and **a pinch each of salt and pepper**. Pat **chicken** dry. Add chicken to marinade and turn to coat. Set aside to marinate until step 4.

### 2. Make lemon-garlic sauce

Finely chop **1 teaspoon garlic**. Finely grate **¼ teaspoon lemon zest**, then squeeze **2 teaspoons lemon juice** into a small bowl. Whisk in **chopped garlic, 1½ tablespoons oil**, **1 tablespoon water**, and **a pinch of sugar**. Season lemon-garlic sauce to taste with **salt** and **pepper**.

### 3. Season beans & tomatoes

Drain **chickpeas**. Halve **grape tomatoes**. Add chickpeas and tomatoes to a rimmed baking sheet; toss with **2 teaspoons oil** and season with **salt** and **pepper**.

### 4. Roast beans & tomatoes

Roast **tomatoes and chickpeas** on upper oven rack until tomatoes are beginning to brown and chickpeas are warm, 7–10 minutes. Remove baking sheet from oven.

### 5. Roast chicken

Carefully push **tomatoes** and **chickpeas** to one side of the baking sheet; place **chicken** on the other side. Roast on upper oven rack until chicken is cooked through and tomatoes and chickpeas are browned in spots, 10–12 minutes. Remove from oven. Let rest for 5 minutes.

### 6. Finish & serve

Pick **mint leaves** from stems (tear, if large). Spoon **lemon-garlic sauce** over **chicken, tomatoes, and chickpeas**. Season to taste with **salt** and **pepper**. Top with crumbled **feta** and **mint leaves**. Enjoy!