



Baharat Chicken Pan Roast

with Roasted Tomatoes & Lemon-Garlic Sauce



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 flavorful spice for rich flavor making a pan roast you won't want to miss. Roasted tomatoes and chickpeas are served alongside in a lemon-garlic sauce with feta sprinkled over top.

What we send

- ¼ oz baharat spice blend ¹¹
- 12 oz pkg boneless, skinless chicken breasts
- garlic
- 1 lemon
- 1 can chickpeas
- 1 container grape tomatoes
- ¼ oz fresh mint
- 1.4 oz feta cheese ⁷

What you need

- olive oil
- kosher salt & ground pepper
- sugar

Tools

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

Allergens

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

Nutrition per serving

Calories 540kcal, Fat 30g, Carbs 42g, Proteins 55g



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, then 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 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**. 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

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 the **chicken** and **vegetables**, and crumble **feta** over top. Sprinkle **mint leaves** over and season with **salt** and **pepper**. Enjoy!