



Spring Chicken Sheet Pan Roast

with Artichokes, Spinach & Potatoes



ca. 20min



2 Servings

Who doesn't love the ease of a sheet pan recipe? Fingerling potatoes roast alongside tender artichokes, serving as a delicious bed for chicken breasts seasoned with Herbs de Provence. Baby spinach wilts from the heat of the roasted veggies, one of our favorite time saving hacks, and a tangy dressing of capers, lemon zest and olive oil is the perfect finishing touch.

What we send

- ½ lb fingerling potatoes
- 14 oz can artichokes
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz Herbs de Provence
- 1 lemon
- 1 oz capers ¹²
- 3 oz baby spinach

What you need

- ⅓ c olive oil
- kosher salt & ground pepper
- garlic
- red wine vinegar (or white wine vinegar)

Tools

- rimmed baking sheet
- microplane or grater

Cooking tip

Before cutting the lemon, place it on a flat surface. Roll it a few times under the palm of your hand using medium pressure. This helps loosen up the inside so you have more juice to squeeze!

Allergens

Sulphur dioxide and sulphites (12). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 610kcal, Fat 37g, Carbs 28g, Protein 44g



1. Start potatoes

Preheat oven to 425°F with a rack in the lower third.

Cut **potatoes** in half lengthwise. On a rimmed baking sheet, toss potatoes with **3 tablespoons oil** and season with **salt** and **pepper**. Place cut side down and roast until browned on the underside, 20-25 minutes.



4. Flip chicken

Flip **chicken** and return to oven. Bake until chicken is cooked through and **veggies** are browned, 8-10 minutes more.

Transfer chicken to plates and toss **spinach** with veggies directly on baking sheet. Return to oven and cook until spinach is wilted, 1-2 minutes more.



2. Bake veggies

Meanwhile, drain **artichokes**. Pat **chicken** dry and season with **salt**, **pepper**, and **Herbs de Provence**.

Toss artichokes with **potatoes** directly on baking sheet. Place chicken on top of veggies; drizzle **oil** over chicken. Bake on lower oven rack for 5 minutes.



5. Serve

Divide **veggies** and **chicken** between plates and spoon **dressing** over top. Serve **lemon wedges** alongside for squeezing over. Enjoy!



3. Make dressing

Finely grate **all of the lemon zest** and cut remaining lemon into wedges. Finely grate **½ teaspoon garlic**. Finely chop **capers**.

In a medium bowl, combine **capers**, **lemon zest**, **garlic**, **2 tablespoons oil**, and **2 teaspoons vinegar**. Season to taste with **salt** and **pepper**.



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