



Chicken & Roasted Sweet Potatoes

with Crispy Chickpeas

| This version of the recipe is customized with chicken breasts.

 30-40min  2 Servings

What we send

- 2 sweet potatoes
- 15 oz can chickpeas
- ¼ oz baharat spice blend ¹
- 1 lemon
- 2 plum tomatoes
- ¼ oz fresh dill
- ¼ oz fresh parsley
- 1 oz capers
- 1 oz tahini ¹
- 12 oz pkg boneless, skinless chicken breasts

What you need

- olive oil
- kosher salt & ground pepper
- red wine vinegar (or vinegar of your choice)
- garlic
- sugar

Tools

- rimmed baking sheet
- microplane or grater
- medium skillet

Cooking tip

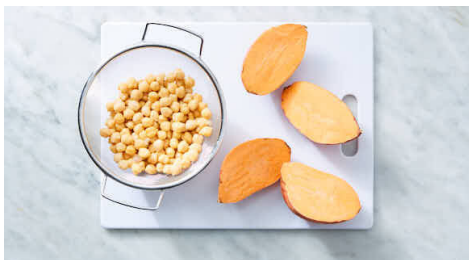
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Allergens

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

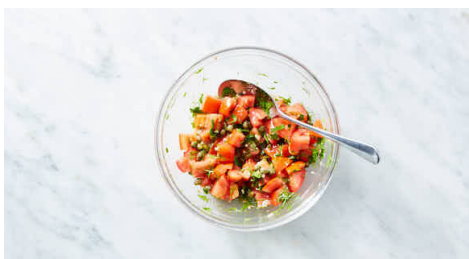
Nutrition per serving

Calories 920kcal, Fat 50g, Carbs 91g, Protein 58g



1. Prep potatoes & chickpeas

Preheat oven to 400°F with a rack in the lower third. Scrub **sweet potatoes**, then halve each lengthwise. Drain and rinse **chickpeas**, then pat dry. Drizzle cut sides of potatoes with **oil** and season with **a pinch each of salt and pepper**. Transfer, cut side down, to one side of a rimmed baking sheet.



4. Prep tomatoes & dressing

In a small bowl, combine **tomatoes, capers, lemon zest, remaining dill and parsley, half the chopped garlic, 2 tablespoons oil, 1 tablespoon vinegar, ½ teaspoon salt, and ¼ teaspoon sugar**. Season to taste with **pepper**.

In a separate small bowl, combine **tahini, remaining garlic, half the lemon juice, 2 tablespoons water, 1 tablespoon oil, and a pinch of sugar**. Season to taste.



2. Cook potatoes & chickpeas

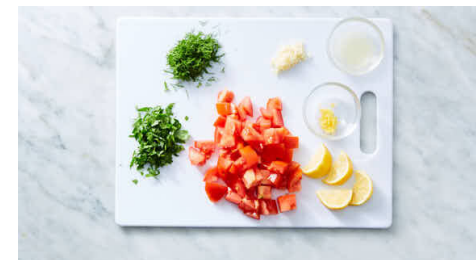
On empty side of same baking sheet, toss **chickpeas** with **1 tablespoon oil, 1 teaspoon baharat spice blend, and ½ teaspoon salt**. Transfer to lower oven rack and roast until potatoes are tender when pierced with a knife and chickpeas are crispy, 25–30 minutes (watch closely as ovens vary).



5. Cook chicken

Pat **chicken** dry and season all over with **salt and pepper**.

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken and cook until golden brown and cooked through, 3–4 minutes per side. Transfer to a cutting board to rest, 5 minutes.



3. Prep ingredients

Meanwhile, finely grate **½ teaspoon lemon zest** and squeeze **2 teaspoons lemon juice**, keeping them separate. Cut any remaining lemon into wedges. Finely chop **2 teaspoons garlic**. Cut **tomatoes** into ½-inch pieces. Coarsely chop **dill and parsley**, keeping them separate. Reserve 1 tablespoon each of the chopped dill and parsley for step 6.



6. Assemble & serve

Remove **potatoes** and **chickpeas** from oven. Carefully toss chickpeas with **remaining lemon juice** on baking sheet. Place potatoes on a plate and top with **a few spoonfuls of the chickpeas** and **marinated tomatoes**. Drizzle **tahini dressing** over top and garnish with **reserved chopped dill and parsley**. Serve with **lemon wedges** and **chicken**. Enjoy!