

DINNERLY



Za'atar Chicken & Harissa-Spiced Veggies

Developed by Our Registered Dietitian



30min



2 Servings

Dinnerly's resident dietitian is bringing you meals that are both ultra-satisfying and super nourishing. If you're looking for healthy (and not boring), you've come to the right place. Because tender chicken breast with oven-roasted veggies? They can do no wrong, at least not in our dietitian's book. We gave it a Mediterranean bend with herby za'atar and a harissa spice blend that brings some heat. We've got you covered!

WHAT WE SEND

- 1 bell pepper
- 1 yellow onion
- ¼ oz harissa spice blend
- 10 oz pkg boneless, skinless chicken breast
- ¼ oz za'atar spice blend ¹¹
- 1 oz sour cream ⁷
- 5 oz baby spinach

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- garlic

TOOLS

- rimmed baking sheet
- microplane or grater

ALLERGENS

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

NUTRITION PER SERVING

Calories 320kcal, Fat 12g, Carbs 18g, Protein 38g



1. Prep ingredients

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

Halve **pepper**, discard stem and seeds, then cut into ½-inch slices.

Halve **onion** lengthwise, then cut into ½-inch slices.



2. Roast veggies

On a rimmed baking sheet, toss **peppers** and **onions** with 2 **teaspoons harissa spice** and 1 **tablespoon oil**; season with **salt** and **pepper**.

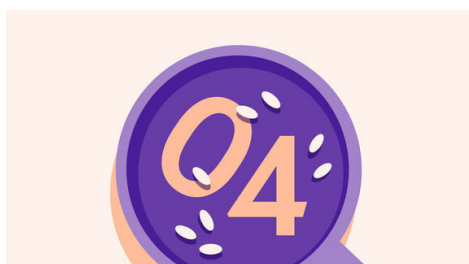
Roast on center oven rack until almost tender and starting to brown in spots, about 15 minutes.



3. Prep chicken & sour cream

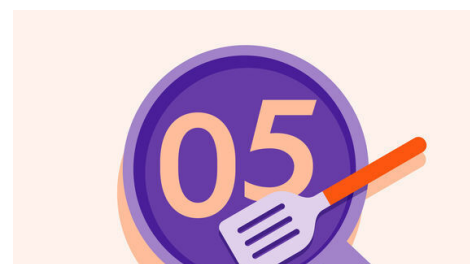
Meanwhile, pat **chicken** dry. Toss in a medium bowl with 2 **teaspoons each of za'atar and oil**, ½ **teaspoon salt**, and a **few cracks of pepper**.

Finely grate ¼ **teaspoon garlic** into a small bowl. Stir in **sour cream** and 2 **teaspoons water**; season to taste with **salt** and **pepper**. Set aside until ready to serve.



4. Roast chicken

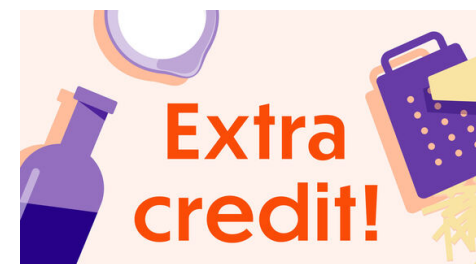
Once **veggies** have roasted for 15 minutes, nestle **chicken** onto same baking sheet. Return to oven and roast until veggies are tender and charred in spots and chicken is cooked through, about 15 minutes more.



5. Add spinach & serve

Transfer **chicken** to plates. Immediately fold **spinach** into **peppers and onions** until just wilted. Season veggies to taste with **salt** and **pepper**.

Serve **za'atar chicken** with **harissa-spiced veggies** and **garlicky sour cream** spooned over top. Enjoy!



6. Take it to the next level

Squeeze a slice of lemon over the chicken for an extra bright kick.