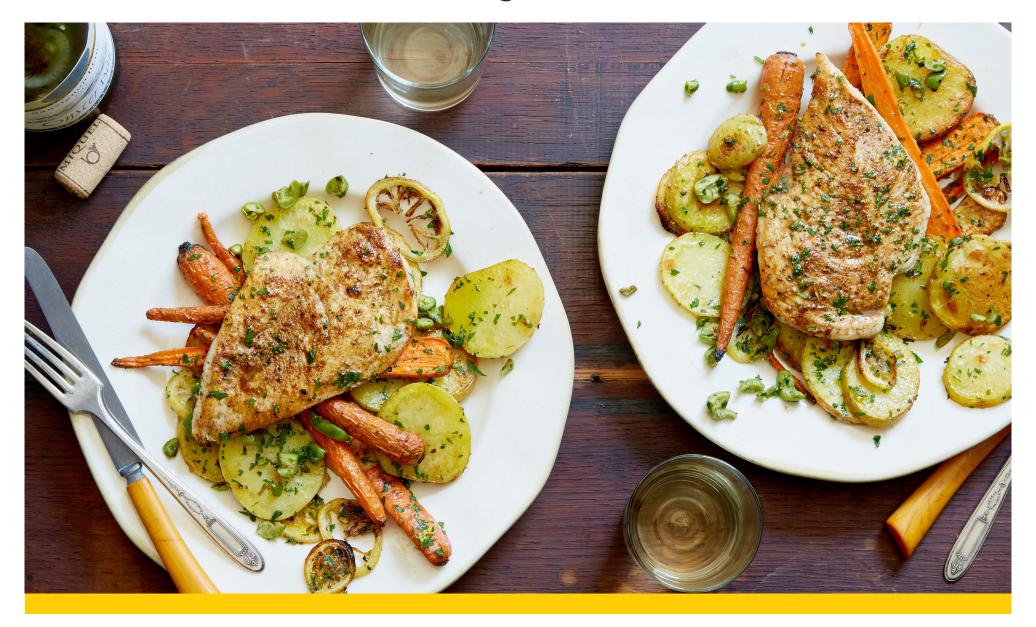
MARLEY SPOON



Spiced Chicken & Caramelized Lemons

with Potatoes, Carrots & Olives





30-40min 2 Servings

This dish takes the idea of a chicken dinner to whole new heights with the flavors of Morocco! Chicken cutlets are seasoned with ras el hanout, a North African spice blend, quickly pan-seared, and roasted in the oven with potatoes, sweet carrots, lemon slices, and olives. It's a perfectly balanced dish.

What we send

- 2 (3 oz) carrots
- 3 Yukon gold potatoes
- 1 lemon
- 2 (1 oz) Castelvetrano olives
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz ras el hanout
- ½ oz fresh parsley

What you need

- · olive oil
- kosher salt & ground pepper

Tools

- · rimmed baking sheet
- medium skillet

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 710kcal, Fat 32g, Carbs 70g, Protein 47g



1. Prep ingredients

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

Scrub **carrots** (no need to peel). Halve lengthwise (or quarter, if thick). Peel **potatoes**, if desired, then slice into ¼-inch rounds. Thinly slice **lemon**, removing any seeds.



2. Roast vegetables

Toss carrots, potatoes, and lemon with 3 tablespoons oil on a rimmed baking sheet. Season with ¾ teaspoon salt and a few grinds of pepper.

Roast on center oven rack until carrots and potatoes are softened and golden, and lemon is starting to brown, about 20 minutes. Discard any blackened lemon slices.



3. Pan-sear chicken

Meanwhile, coarsely chop **olives**, removing pits if necessary. Pat **chicken** dry; pound to an even ½-inch thickness if necessary. Season all over with **1 teaspoon ras el hanout** and ½ **teaspoon salt**.

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken and cook until golden but not cooked through, 2-3 minutes per side.



4. Roast chicken & olives

Carefully add **olives** to baking sheet with **veggies** and toss to combine. Place **chicken** over top.

Roast on center oven rack until chicken is cooked through, 8-10 minutes.



5. Add parsley & serve

Meanwhile, finely chop **parsley leaves**, discarding stems. Sprinkle over **veggies**, gently tossing to combine.

Serve **chicken** with **vegetables** and **lemon slices**, if desired. Enjoy!



6. Check us out!

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