



Garlic-Lime Marinated Chicken

with Spicy Sweet Potato Fries & Spinach Salad



20-30min



2 Servings

Here, a simple, but flavorful, lime and garlic dressing does double duty as a post-marinate for juicy chicken breasts, while also serving as the backbone to a spinach salad. The still-warm chicken breasts are coated in the dressing, working to soak up some of the bright flavors. Preheating the sheet pan is a great pro trick for ensuring you get extra crispy oven fries.

What we send

- 2 sweet potatoes
- ¼ oz chorizo chili spice blend
- ¼ oz fresh cilantro
- 1 lime
- garlic
- 12 oz pkg boneless, skinless chicken breasts
- 5 oz baby spinach

What you need

- olive oil
- kosher salt & ground pepper
- sugar

Tools

- rimmed baking sheet
- medium heavy skillet (preferably cast-iron)

Cooking tip

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Allergens

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

Nutrition per serving

Calories 590kcal, Fat 21g, Carbs 60g, Protein 45g



1. Prep & season potatoes

Preheat oven to 450°F with a rack in the upper third. Place a rimmed baking sheet on upper oven rack to preheat.

Scrub **sweet potatoes**, then cut lengthwise into ¼-inch thick fries. In a large bowl, toss potatoes with **2 teaspoons oil**, **1 teaspoon chorizo chili spice blend**, and season with **salt** and **pepper**.



2. Roast oven fries

Carefully transfer **fries** to preheated baking sheet, spreading into a single layer. Roast on upper oven rack until fries are tender and browned, about 16-18 minutes.

Meanwhile, finely chop **cilantro leaves and stems**. Once fries are done roasting, reduce oven to 200°F. Directly on baking sheet, carefully toss fries with cilantro. Return to oven to keep warm until serving.



3. Prep dressing

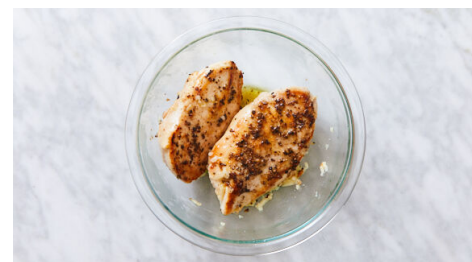
Squeeze **1 tablespoon lime juice** into a medium bowl. Cut **any remaining lime** into wedges. Finely chop **2 teaspoons garlic** and add to bowl with lime juice. Whisk in **2 tablespoons oil**, **½ teaspoon sugar**, and **a pinch each of salt and pepper**.

Transfer **1½ tablespoons dressing** to a large bowl; reserve for step 6. Reserve remaining dressing in medium bowl for step 5.



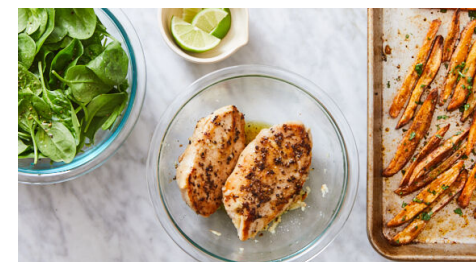
4. Cook chicken

Heat **2 teaspoons oil** in a medium heavy skillet (preferably cast-iron) over medium-high. Pat **chicken** dry; season all over with **salt** and **pepper**. Add chicken and cook until lightly browned and cooked through, 3-4 minutes per side.



5. Marinate cooked chicken

Transfer **chicken** to medium bowl with **lime-garlic dressing**. Let rest for 5 minutes, turning occasionally.



6. Make salad & serve

Add **spinach** to **reserved lime-garlic dressing** in large bowl, and toss gently to coat. Season to taste with **salt** and **pepper**. Transfer **chicken** to plates, spooning some of the **marinade** over top.

Serve **chicken** with **salad** and **oven fries** alongside. Pass any **lime wedges** at the table for squeezing over. Enjoy!