



## Za'atar Chicken & Harissa Roasted Carrots

with Smashed Potatoes



30-40min



2 Servings

Za'atar is a Middle Eastern spice blend that combines savory flavors of herbs and spices like oregano, thyme, cumin, and coriander, and sesame seeds. We crust juicy chicken breasts with this flavorful blend before cooking them in a hot skillet. The chicken is served alongside roasted veggies coated in harissa, and it's finished with a sprinkle of lemon zest and fresh parsley.



## What we send

- 2 carrots
- 1 red onion
- ½ lb fingerling potatoes
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz za'atar spice blend <sup>11</sup>
- ¼ oz harissa spice blend
- ¼ oz fresh parsley
- 1 oz salted pistachios <sup>15</sup>
- 1 lemon

## What you need

- kosher salt & pepper
- olive oil

## Tools

- medium saucepan
- meat mallet (or heavy skillet)
- rimmed baking sheet
- microplane or grater
- medium skillet

## Allergens

Sesame (11), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 680kcal, Fat 37g, Carbs 46g, Protein 47g



### 1. Prep ingredients

Preheat oven to 450°F with a rack in the lower third. Bring a medium saucepan of **salted water** to a boil.

Trim **carrots**, then cut about 1½ cups into ¼-inch thick slices on an angle. Halve and cut **all of the onion** into ¼-inch-thick wedges.



### 4. Roast potatoes & carrots

To **potatoes and carrots** in saucepan, add **onion, 2 tablespoons oil, 1 teaspoon harissa spice**, and a **generous pinch of salt**; toss to coat. Transfer to a rimmed baking sheet.

Using a sturdy cup (or smooth side of meat mallet), gently press potatoes to lightly smash. Drizzle any **remaining harissa oil** from saucepan over. Roast on lower rack until lightly browned, about 15 minutes.



### 2. Boil potatoes & carrots

Add **potatoes** to boiling water. Cook over medium-high heat until barely tender when pierced with the tip of a knife, 6-8 minutes. Add **carrots** to the saucepan and continue to cook potatoes and carrots together until both are tender, 5-7 minutes more. Drain vegetables, shaking out excess water, and return to saucepan. Set aside until step 4.



### 5. Prep garnish

Meanwhile, pick **parsley leaves** from stems; discard stems. Coarsely chop parsley leaves and **pistachios** together. Finely grate ¼ **teaspoon lemon zest** into a small bowl. Cut any remaining lemon into wedges.

Into bowl with lemon zest, stir to combine **chopped parsley and pistachios, 1 tablespoon oil**, and a **pinch of salt**.



### 3. Prep chicken

While **veggies cook**, pat **chicken** dry and trim any excess fat to ¼-inch. Place chicken between sheets of plastic wrap. Using a meat mallet (or heavy skillet), pound chicken to an even ¼-inch thickness; season all over with **2 teaspoons za'atar spice** and a **generous pinch each of salt and pepper**. Let sit until step 6.



### 6. Cook chicken & serve

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chicken** and cook, turning once, until golden, crusty, and cooked to medium, about 3 minutes per side (or longer if desired). Add **parsley mixture** to **vegetables** on baking sheet, and toss to coat.

Serve **chicken** with **vegetables** alongside, and **any lemon wedges**, for squeezing over. Enjoy!