



Berberé Chicken Breast & Roasted Vegetables

with Creamy Mint Sauce



30-40min



2 Servings

We've taken chicken breasts to a new level by adding berbere spice, an aromatic North African chile and spice blend. Searing the chicken creates a flavorful crust that pairs perfectly with the roasted veggies tossed in a lemon vinaigrette and fresh mint sauce. This dish ticks all the boxes for meat and veggie lovers alike!

What we send

- ¼ oz berbere spice blend
- 12 oz pkg boneless, skinless chicken breasts
- ½ lb Brussels sprouts
- 1 yellow onion
- 1 sweet potato
- 1 lemon
- ¼ oz fresh mint
- 2 (1 oz) sour cream ⁷

What you need

- olive oil
- sugar
- kosher salt & ground pepper

Tools

- rimmed baking sheet
- microplane or grater
- medium skillet

Allergens

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

Nutrition per serving

Calories 830kcal, Fat 50g, Carbs 54g, Protein 48g



THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

1. Marinate chicken

Preheat oven to 450°F with a rack in the lower third. In a medium bowl, combine **all of the berbere spice, 1 tablespoon oil, 1 teaspoon sugar, and ½ teaspoon salt**. Pat **chicken** dry, then transfer to bowl and rub with marinade. Set aside until step 4.



4. Sear chicken

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.



2. Prep veggies

Trim stem ends from **Brussels sprouts**, then halve (or quarter, if large). Halve and cut **all of the onion** into ½-inch thick slices. Scrub **sweet potato**, then cut into ½-inch wedges.



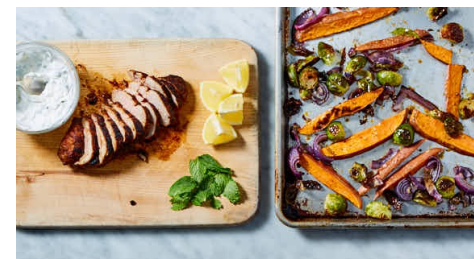
3. Roast veggies

On a rimmed baking sheet, toss **Brussels sprouts, onions, and sweet potatoes** with **2 tablespoons oil**. Season all over with **salt and pepper**. Roast on lower oven rack until vegetables are browned and tender, about 20 minutes.



5. Make dressing & sauce

Into a small bowl, finely grate **¼ teaspoon lemon zest** and squeeze **2 teaspoons juice**. Stir in **1 tablespoon oil**; season to taste. Cut any remaining lemon into wedges. Pick **mint leaves** from stems; discard stems. Finely chop half of the leaves; reserve remaining whole leaves for serving. In another small bowl, whisk together **sour cream** and **chopped mint**; season to taste.



6. Finish & serve

Toss **roasted vegetables** on baking sheet with **lemon vinaigrette**. Slice **chicken**, then serve with **roasted vegetables** and **mint sauce** alongside. Garnish with **remaining whole mint leaves**. Pass **any lemon wedges** for squeezing over top. Enjoy!