

MARLEY SPOON



Low-Carb Harissa-Spiced Chicken

with Asparagus & Green Beans



30-40min



2 Servings

Harissa is a staple condiment in North African cooking—and for good reason, it's delicious! Just a touch spicy with a whole lot of flavor, our harissa spice blend contains red chile peppers, garlic, and spices perfect for coating proteins like lean chicken breast. A silky, herby sauce of sour cream, lemon juice, and chives tempers the heat while crisp asparagus and green beans provide a double dose of heart-healthy greens.

What we send

- ½ lb green beans
- ½ lb asparagus
- ¼ oz harissa spice blend
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz fresh chives
- 1 lemon
- 2 (1 oz) sour cream ⁷

What you need

- olive oil
- kosher salt & ground pepper

Tools

- 2 rimmed baking sheets
- microplane or grater

Allergens

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

Nutrition per serving

Calories 420kcal, Fat 21g, Carbs 14g, Protein 45g



1. Prep ingredients

Preheat oven to 425°F with racks in the upper and lower thirds.

Trim ends from **green beans**, if necessary. Cut or break tough ends from **asparagus**.

In a medium bowl, combine **harissa spice** with **1 tablespoon oil** and **½ teaspoon salt**. Pat **chicken** very dry and add to bowl with spice oil, tossing to coat chicken.



4. Finish & serve

Toss **asparagus and green beans** with **lemon zest**.

Serve **harissa chicken** with **roasted veggies, lemon-chive sauce**, and **lemon wedges**. Garnish with **remaining chives**. Enjoy!



2. Roast chicken & veggies

Place **chicken** on a rimmed baking sheet and roast on upper oven rack until cooked through, 12-15 minutes.

On a second rimmed baking sheet, toss **asparagus** and **green beans** with **1 tablespoon oil**. Season with **salt** and **pepper**. Roast vegetables on lower oven rack until crisp-tender, 8-10 minutes.



5. ...

Looking for more steps?



3. Make sauce

While **chicken and veggies** roast, finely chop **chives**. Grate **1 teaspoon lemon zest**.

Into a small bowl, squeeze **1½ teaspoons lemon juice**; cut remainder of lemon into wedges. To bowl with lemon juice, add **sour cream** and **all but 1 teaspoon of the chives**, stirring to combine. Season to taste with **salt** and **pepper**.



6. ...

You won't find them here! Enjoy your Marley Spoon meal!