



Asparagus & Chicken Pan Roast

with Sweet Potatoes & Mint Gremolata



20-30min



2 Servings

Asparagus signals the arrival of spring, and we celebrate it with this one-sheet pan dinner! We toss tender chicken breasts with harissa, a mild spice blend, and roast them alongside sweet potatoes and fresh asparagus. We finish the vegetables with gremolata, an Italian condiment made with garlic, citrus, and finely chopped herbs—traditionally parsley—but here we use fresh mint, perfect for spring!

What we send

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

What you need

- olive oil
- kosher salt & ground pepper

Tools

- rimmed baking sheet
- microplane or grater

Cooking tip

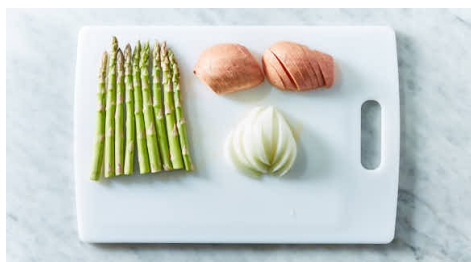
Bend the bottom of an asparagus stalk—it will break naturally where the fibers turn tough.

Allergens

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

Nutrition per serving

Calories 490kcal, Fat 18g, Carbs 40g, Protein 45g



1. Prep vegetables

Preheat oven to 450°F with a rack in the upper third. Scrub **sweet potato**, then cut in half lengthwise and slice crosswise into ¼-inch half moons. Halve **onion** and cut into ¼-inch wedges. Trim bottom 2 inches from **asparagus**.



2. Roast vegetables

On a rimmed baking sheet, toss **sweet potatoes, onions, 1½ tablespoons oil, ¼ teaspoon salt, and a few grinds of pepper**. Roast on upper oven rack until just tender, about 15 minutes. Stir vegetables, then push to one half of the baking sheet to make space for the **chicken**.



3. Season chicken

While vegetables roast, pat **chicken** dry and pound to an even ½-inch thickness, if necessary. Season all over with **1 teaspoon harissa spice blend, ½ teaspoon salt, and a few grinds of pepper**.



4. Broil chicken & asparagus

Switch oven to broil. Place **chicken** on one half of the baking sheet, then arrange **asparagus** on top of **potatoes** and **onions**. Broil on upper oven rack until asparagus is crisp-tender and chicken is cooked through, 3–5 minutes (watch closely as broilers vary). Transfer chicken to a plate.



5. Make gremolata

Finely chop **½ teaspoon garlic**. Finely grate **½ teaspoon lemon zest**, then cut lemon into wedges. Pick **mint leaves** from stems; reserve 1 tablespoon whole mint leaves for serving. Finely chop remaining mint leaves, chopped garlic, and lemon zest all together. On same baking sheet, toss **vegetables** with **gremolata**. Season to taste with **salt** and **pepper**.



6. Finish & serve

In a small bowl, slightly thin **sour cream** by stirring in **1 teaspoon water** at a time until the desired consistency. Season with **a pinch each of salt and pepper**. Spoon **sour cream** onto plates, then top with **chicken** and **vegetables**. Garnish with **whole mint leaves** and serve with **lemon wedges** on the side. Enjoy!