



## Low-Cal No-Skewer Chicken Kebabs with Onions, Peppers & Garlic Sauce



30-40min



2 Servings

Chicken kebabs are THE BEST because they combine juicy pieces of chicken with caramelized veggies. But, chicken kebabs can be THE WORST because you have to spend so much time sticking all those pieces on sticks. We figured out how to give you all THE BEST parts, without the actual kebabs. Because well, we don't like having to work too hard at dinner. We've got you covered!

### WHAT WE SEND

- 2 potatoes
- 1 green bell pepper
- 1 yellow onion
- ½ lb pkg chicken breast strips
- ¼ oz ras el hanout
- 2 (1 oz) sour cream<sup>1</sup>

### WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- garlic
- apple cider vinegar (or red wine vinegar)

### TOOLS

- 2 rimmed baking sheets

### COOKING TIP

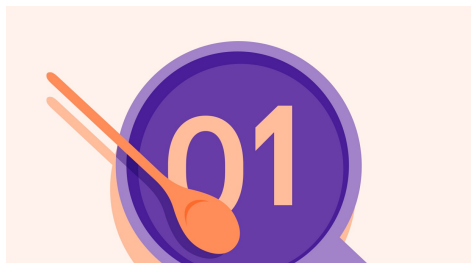
Veggies might cook faster than the meat, so keep a close eye on them and remove from oven if they're browning too quickly.

### ALLERGENS

Milk (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 630kcal, Fat 32g, Carbs 60g, Protein 34g



#### 1. Roast potatoes

Preheat oven to 450°F with racks in the upper and lower third.

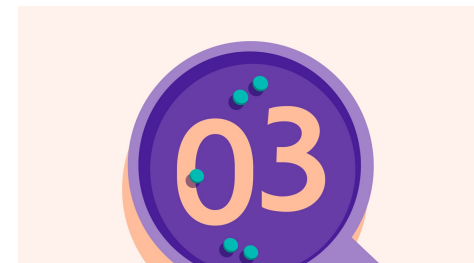
Scrub **potatoes**, then cut lengthwise into ½-inch thick wedges. Toss on a rimmed baking sheet with **2 tablespoons oil, salt, and a few grinds of pepper**. Roast on lower oven rack until lightly golden-brown on the bottom, about 20 minutes.



#### 2. Prep veggies & chicken

While **potatoes** roast, discard stem and seeds from **pepper**; cut into 2-inch pieces. Cut **onion** into 2-inch pieces through the root end.

Pat **chicken** dry and cut into 1-inch pieces, if necessary; toss on a second rimmed baking sheet with **onions, peppers, 2 tablespoons oil, 3½ teaspoons of the ras el hanout, salt, and a few grinds of pepper**.



#### 3. Broil chicken & veggies

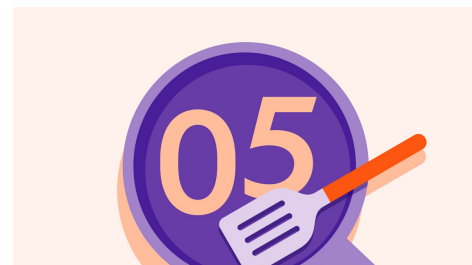
When **potatoes** have roasted 20 minutes, switch oven to broil, leaving baking sheet on lower oven rack.

Broil **chicken and veggies** on upper oven rack until veggies are tender, chicken is browned and cooked through, and potatoes are tender, about 10 minutes (watch closely as broilers vary; see cooking tip!).



#### 4. Make garlic sauce

While **chicken and veggies** cook, finely chop ½ **teaspoon garlic**; transfer to a small bowl. Stir in **all of the sour cream** and ½ **teaspoon vinegar**; slightly thin by mixing in **1 teaspoon water** at a time, as needed until it drizzles from a spoon. Season to taste with **salt and pepper**.



#### 5. Finish & serve

Remove **chicken and veggies** from oven. Transfer **potatoes** to upper oven rack and broil until golden-brown and crisp, about 5 minutes (watch closely).

Serve **chicken kebabs, peppers, and onions** with **roasted potatoes** alongside. Pass **garlic sauce** at the table for drizzling or dipping. Enjoy!



#### 6. Make it a sandwich!

Throw the chicken and veggies into a toasted pita and load it up with the garlic sauce. Top with shredded cabbage or iceberg lettuce, sliced radishes, maybe even a few cucumbers and tomatoes.