



Sheet Pan Harissa Chicken Breast

with Roasted Potatoes & Lemon-Garlic Sauce



30-40min



2 Servings

When dinner comes together on one sheet pan, everyone wins. Chicken breasts are coated in the big, bold flavors of a delicious harissa oil. As the chicken and potatoes cook, their flavors have a chance to mingle before nutritious spinach is added to the mix. A lemon-garlic sauce and a touch of dill brings them all together.

What we send

- ½ lb fingerling potatoes
- 1 red onion
- 1 lemon
- ¼ oz harissa spice blend
- 12 oz pkg boneless, skinless chicken breasts
- garlic
- 2 (1 oz) sour cream ¹
- ½ oz fresh dill
- 5 oz baby spinach

What you need

- neutral oil
- kosher salt & ground pepper

Tools

- microplane or grater
- rimmed baking sheet

Allergens

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

Nutrition per serving

Calories 570kcal, Fat 29g, Carbs 36g, Protein 45g



1. Prep ingredients

Preheat oven to 450°F with a rack in the lower third.

Cut **potatoes** in half lengthwise. Halve and cut **all of the onion** into ½-inch thick wedges. Zest **all of the lemon**, then cut into wedges. Squeeze **1 teaspoon lemon juice** into a small bowl.



4. Make lemon-garlic sauce

Meanwhile, finely grate **¼ teaspoon garlic** into bowl with **lemon juice**. Stir in **all of the sour cream** (if sauce is too thick, add 1 teaspoon water at a time, as needed, to loosen). Season to taste with **salt** and **pepper**.

Pick **dill fronds** from stems; discard stems.



2. Season potatoes & onions

On a rimmed baking sheet, toss **potatoes** and **onions** with **2 tablespoons oil**. Season with **salt** and **several grinds of pepper**. Spread into an even layer with potatoes cut-side down. Roast on lower oven rack until potatoes are starting to brown on the bottom, 15 minutes.



5. Wilt spinach

Once **chicken** is cooked through, transfer to a plate. Immediately place **spinach** over **potatoes and onions**, then sprinkle with **lemon zest**. Carefully toss together until spinach is just wilted.



3. Season & roast chicken

Meanwhile, in a large bowl, whisk together **harissa spice blend** and **1 tablespoon oil**; season with **salt** and **pepper**.

Pat **chicken** dry, add to bowl with harissa oil, then massage oil into chicken. Add chicken to baking sheet with **vegetables**; roast on lower oven rack until chicken is cooked through and potatoes are golden brown and tender, about 15 minutes more.



6. Finish & serve

Return **chicken** to baking sheet with **veggies**. Spoon **lemon-garlic sauce** over top, then sprinkle with **dill fronds**. Serve with **any remaining lemon wedges**. Enjoy!