



Roasted Sweet Potatoes, Chickpeas & Chicken

with Marinated Tomatoes & Tahini Dressing



30-40min



2 Servings

This spin on a loaded baked potato is seriously delicious! We swap russet potatoes for sweet potatoes—they are packed with vitamins and nutrients and are also so flavorful, thanks to the natural sugars that intensify and caramelize as it roasts. The potatoes are the perfect vessel for toppings like lean chicken, crispy baharat-spiced chickpeas, juicy marinated tomatoes, lemony tahini dressing, and fresh dill.

What we send

- 2 sweet potatoes
- 15 oz can chickpeas
- 10 oz pkg chicken breast strips
- ¼ oz baharat spice blend ¹
- 1 lemon
- garlic
- 2 plum tomatoes
- ¼ oz fresh dill
- ¼ oz fresh parsley
- 1 oz capers ²
- 1 oz tahini ¹

What you need

- olive oil
- kosher salt & ground pepper
- red wine vinegar (or vinegar of your choice)
- sugar

Tools

- rimmed baking sheet
- microplane or grater
- medium skillet

Cooking tip

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Allergens

Sesame (1), Sulphites (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

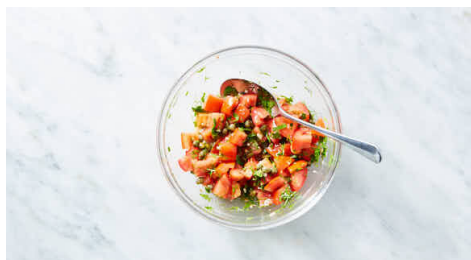
Calories 830kcal, Fat 42g, Carbs 91g, Protein 51g



1. Prep potatoes & chickpeas

Preheat oven to 400°F with a rack in the lower third. Scrub **sweet potatoes**, then halve each lengthwise. Drain and rinse **chickpeas**, then pat dry. Drizzle cut sides of potatoes with **oil** and season with **a pinch each of salt and pepper**. Transfer, cut side down, to one side of a rimmed baking sheet.

Pat **chicken** dry; season all over with **salt and pepper**.



4. Marinate tomatoes

In a small bowl, stir to combine **tomatoes, capers, lemon zest, remaining chopped dill and parsley, half of the chopped garlic, 2 tablespoons oil, 1 tablespoon vinegar, ½ teaspoon salt, and ¼ teaspoon sugar**.

Season to taste with **pepper**. Set tomatoes aside to marinate until step 6.



2. Cook potatoes & chickpeas

On empty side of same baking sheet, toss **chickpeas** with **1 tablespoon oil, 1 teaspoon baharat spice blend, and ½ teaspoon salt**. Transfer to lower oven rack and roast until potatoes are tender when pierced with a knife and chickpeas are crispy, 25–30 minutes (watch closely as ovens vary).

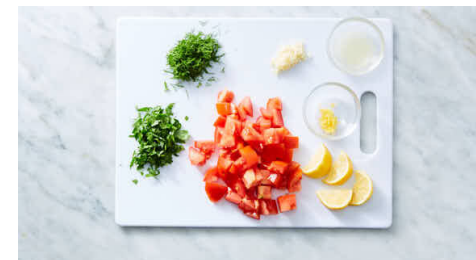


5. Cook chicken, make tahini

Heat **2 tablespoons oil** in a medium skillet over medium-high. Add **chicken** and cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and cook until cooked through, about 2 minutes more.

In a second small bowl, whisk **tahini, remaining chopped garlic, half of the lemon juice, 2 tablespoons water, 1 tablespoon oil, and a pinch of sugar**.

Season to taste.



3. Prep ingredients

Meanwhile, finely grate **½ teaspoon lemon zest** and squeeze **2 teaspoons lemon juice**, keeping them separate. Cut any remaining lemon into wedges. Finely chop **2 teaspoons garlic**. Cut **tomatoes** into ½-inch pieces. Coarsely chop **dill and parsley**, keeping them separate. Reserve 1 tablespoon each of the chopped dill and parsley for step 6.



6. Assemble & serve

Remove **potatoes** and **chickpeas** from oven. Carefully toss chickpeas with **remaining lemon juice** on baking sheet. Place potatoes on a plate and top with **a few spoonfuls of the chickpeas** and **marinated tomatoes**. Drizzle **tahini dressing** over top and garnish with **reserved chopped dill and parsley**. Serve alongside **chicken** with **lemon wedges** for squeezing over. Enjoy!