



Sheet Pan Roasted Harissa Chicken Breast

with Potatoes, Brussels & Garlicky Sour Cream



40-50min



2 Servings

This stellar one-pan roast makes dinner easy to prepare, and just as easy to clean up! The best part of cooking everything together is that the potatoes, Brussels sprouts, and carrots soak up all of the savory juices from the harissa chicken. Finish by drizzling garlicky sour cream and fresh mint over top and dinner is on the table (and dishes are clean) before you know it!

What we send

- ½ lb Brussels sprouts
- 2 Yukon gold potatoes
- 1 small bag carrots
- garlic
- ¼ oz harissa spice blend
- 12 oz pkg boneless, skinless chicken breasts
- 2 (1 oz) sour cream ¹
- ¼ oz fresh mint

What you need

- neutral oil
- kosher salt & 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 930kcal, Fat 50g, Carbs 56g, Protein 80g



1. Prep ingredients

Preheat oven to 450°F with a rack in the lower third. Trim ends from **Brussels sprouts**, then halve through the core (or quarter, if large). Scrub **potatoes**, then cut into ¾-inch pieces. Scrub **carrots** and cut crosswise on a diagonal into ½-inch slices. Finely grate **1 teaspoon garlic**.



4. Roast chicken

Roast on lower oven rack until **chicken** is cooked through and **vegetables** are browned and tender, about 15 minutes more.



2. Roast veggies

On a rimmed baking sheet, toss **Brussels sprouts, carrots, and potatoes** with **3 tablespoons oil**; season with **salt** and **pepper**. Roast on lower oven rack until starting to brown on the bottom, 15-20 minutes.



5. Make sauce

Meanwhile, in a small bowl, combine **sour cream** with **remaining ¼ teaspoon garlic** and **1 tablespoon water**. Whisk until sauce is smooth and pourable, thinning out with more water if needed. Season to taste with **salt** and **pepper**.



3. Prep chicken

Meanwhile, in a medium bowl, whisk together **harissa spice blend, all but ¼ teaspoon grated garlic, 1 tablespoon oil, and ½ teaspoon salt**

Pat **chicken** dry then add to the bowl with **spice paste**. Toss to coat, massaging spice paste into chicken. Once **vegetables** have roasted for 15-20 minutes, add chicken to baking sheet with vegetables.



6. Finish & serve

Remove **mint leaves** from stems. Discard stems; coarsely chop leaves.

Drizzle **sour cream** over **roasted chicken and vegetables** and garnish with **chopped mint leaves**. Enjoy!