



Easy Prep! Mediterranean Sheet Pan Chicken

with Crispy Chickpeas



30min



2 Servings

Combining the best Mediterranean flavors on one sheet pan, this speedy dinner is a joy to eat and simple to prepare. Ras el hanout, a warm Arabic spice blend, flavors chickpeas that roast to golden crispiness alongside peppers, onions, and tender chicken breast strips. We serve it all on toasted pita with a drizzle of lemon-garlic cream sauce for a casual, yet sophisticated meal.

What we send

- 1 yellow onion
- 1 bell pepper
- 15 oz can chickpeas
- ¼ oz ras el hanout
- ½ lb pkg chicken breast strips
- 1 lemon
- garlic
- 2 (1 oz) sour cream ¹
- ¼ oz fresh parsley
- 2 Mediterranean pitas ^{2,3,4}

What you need

- olive oil
- kosher salt & ground pepper

Tools

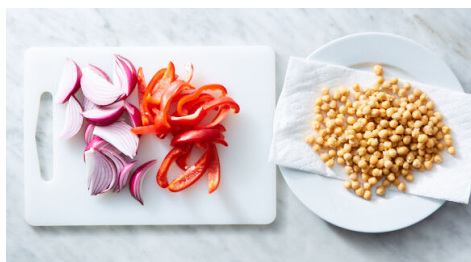
- rimmed baking sheet
- microplane or grater

Allergens

Milk (1), Sesame (2), Soy (3), Wheat (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 680kcal, Fat 31g, Carbs 85g, Protein 48g



1. Prep ingredients

Preheat broiler with a rack in the upper third.

Halve **onion**, then cut through the root end into ½-inch slices. Halve **pepper**, discard stem and seeds, then cut into ½-inch slices. Drain and rinse **chickpeas**, then pat very dry with paper towels.



4. Broil chicken

When **veggies and chickpeas** have roasted 7-12 minutes, remove baking sheet from oven. Lay **chicken** over veggies and chickpeas, return to upper oven rack and continue broiling until veggies are tender and charred, chickpeas are deeply golden and crisp, and chicken is cooked through to 165°F internally, 8-10 minutes more (watch closely as broilers vary).



2. Broil veggies & chickpeas

On a rimmed baking sheet, toss **onions, peppers, and chickpeas** with **ras el hanout, 2 tablespoons oil, and a generous pinch each of salt and pepper**. Broil on upper oven rack until veggies start to soften and char in spots and chickpeas are golden and starting to crisp, 7-12 minutes (watch closely).



5. Toast pitas

Coarsely chop **parsley**.

Brush **pitas** generously with **oil**. Broil directly on top oven rack until lightly toasted, 1-2 minutes per side (watch closely).



3. Prep chicken & sauce

Meanwhile, pat **chicken** dry. Rub all over with **oil** and season with **salt and pepper**.

Squeeze **1 tablespoon lemon juice** into a small bowl; grate in **¼ teaspoon garlic** and whisk in **all of the sour cream**; season to taste with **salt and pepper**. Cut **remaining lemon** into wedges.



6. Serve

Top **pitas** with **chicken, veggies, and chickpeas**. Drizzle with **sour cream sauce** and sprinkle with **parsley**. Serve with **lemon wedges** for squeezing. Enjoy!