

# MARLEY SPOON



## Spiced Chicken & Vegetables

with Olives & Caramelized Lemons



30-40min



2 Servings

This dish takes the idea of a chicken dinner to whole new heights, with the flavors of Morocco! Chicken cutlets are seasoned with ras el hanout, a North African spice blend, quickly pan-seared, and then roasted in the oven with golden potatoes, sweet carrots, lemon slices, and Castelvetrano olives. It's a perfectly balanced dish.



## What we send

- 2 carrots
- 3 Yukon gold potatoes
- 1 lemon
- 2 oz Castelvetrano olives <sup>17</sup>
- 12 oz pkg boneless, skinless chicken breasts
- ras el hanout (use 1 tsp)
- ½ oz fresh parsley

## What you need

- olive oil
- kosher salt & ground pepper

## Tools

- rimmed baking sheet
- medium skillet

## Allergens

Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 590kcal, Fat 35g, Carbs 26g, Protein 41g



### 1. Prep ingredients

Preheat oven to 425°F. Scrub **carrots** (no need to peel), then halve lengthwise (or quarter, if thick). Peel **potatoes**, if desired, then slice into ¼-inch-thick rounds. Thinly slice **lemon**, removing any seeds.



### 2. Roast vegetables

Toss **carrots, potatoes, and lemon slices** with **3 tablespoons oil** on a rimmed baking sheet. Season with **¾ teaspoon salt** and **a few grinds pepper**. Roast until carrots and potatoes are softened and golden, and lemon is starting to brown, about 20 minutes. Discard any blackened lemon slices.



### 3. Pan-sear chicken

Meanwhile, coarsely chop **olives**, removing pits, if necessary. Pat **chicken** dry; pound to an even ½-inch thickness, if necessary. Season all over with **1 teaspoon of the ras el hanout spice blend** (save rest for own use) and **½ teaspoon salt**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken and cook until golden but not cooked through, 2-3 minutes per side.



### 4. Roast chicken & olives

Add **olives** to baking sheet and toss with **carrots, lemons, and potatoes**. Place **chicken** on top of vegetables. Return to oven and roast until chicken is cooked through, 8-10 minutes.



### 5. Chop parsley

Meanwhile, finely chop **parsley leaves**, discarding stems.



### 6. Finish & serve

Sprinkle **parsley** over **vegetables**, tossing gently to combine. Serve **chicken** with **vegetables** and **lemon slices**, if desired. Enjoy!