



## Low-Cal Baharat Chicken Pan Roast

with Roasted Tomatoes & Lemon-Garlic Sauce



20-30min



2 Servings

Baharat is a traditional Middle Eastern spice blend made of cumin, cardamom, nutmeg and paprika. Here, we marinate chicken in this flavorful spice for rich flavor making a pan roast you won't want to miss. Roasted tomatoes and chickpeas are served alongside in a lemon-garlic sauce with feta sprinkled over top.



## What we send

- ¼ oz baharat spice blend <sup>11</sup>
- 12 oz boneless, skinless chicken breasts
- garlic
- 1 lemon
- 1 can chickpeas
- 12 oz grape tomatoes
- ¼ oz fresh mint
- 3 oz feta cheese <sup>7</sup>

## What you need

- olive oil
- kosher salt & ground pepper
- sugar

## Tools

- microplane or grater
- fine-mesh sieve
- rimmed baking sheet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

### Allergens

Milk (7), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 590kcal, Fat 35g, Carbs 40g, Proteins 59g



### 1. Marinate chicken

Preheat oven to 450°F with a rack in the upper third. In a medium bowl, combine **1 teaspoon baharat spice blend**, **1 tablespoon oil**, and **a pinch each of salt and pepper**. Pat **chicken** dry. Add chicken to marinade, then turn to coat. Set aside to marinate until step 4.



### 2. Make lemon-garlic sauce

Finely chop **1 teaspoon garlic**. Finely grate **¼ teaspoon lemon zest**, then squeeze **2 teaspoons lemon juice** into a small bowl. Whisk in **chopped garlic**, **1 tablespoon water**, **a pinch of sugar**, and **1½ tablespoons oil**. Season to taste with **salt** and **pepper**.



### 3. Season beans & tomatoes

Drain **chickpeas**. Halve **grape tomatoes**. Add chickpeas and tomatoes to a rimmed baking sheet. Toss with **2 teaspoons oil**. Season with **salt** and **pepper**.



### 4. Roast beans & tomatoes

Roast **tomatoes and chickpeas** on upper oven rack until tomatoes are beginning to brown and chickpeas are warm, 7-10 minutes. Remove baking sheet from oven.



### 5. Roast chicken

Push **tomatoes** and **chickpeas** to one side of the baking sheet; place **chicken** on the other side. Roast on upper oven rack until chicken is cooked through and tomatoes and chickpeas are browned in spots, 10-12 minutes. Remove from oven. Let rest for 5 minutes.



### 6. Finish & serve

Pick **mint leaves** from stems (tear, if large). Spoon **lemon-garlic sauce** over the **chicken** and **vegetables**; crumble **feta**. Sprinkle **feta** and **mint leaves** over top. Season with **salt** and **pepper**. Enjoy!