




Spiced Chicken & Vegetables

with Olives and Caramelized Lemons

 30-40min  2 Servings

This dish takes the idea of a meat and potatoes dinner to a whole other level with the flavors of Morocco! Fresh parsley is sprinkled over chicken spiced with ras el hanout. Rich golden potatoes and sweet carrots are roasted in the oven, along with lemon slices and castelvetro olives. It's a perfectly balanced dish. Cook, relax, and enjoy!

What we send

- Yukon gold potatoes
- lemon
- carrots
- boneless, skinless chicken breasts
- ras el hanout
- fresh parsley

What you need

Tools

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

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Energy 625.0kcal, Fat 28.2g, Proteins 45.7g, Carbs 38.9g



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 ¼-inch thick. Thinly slice **lemon**, removing any seeds.



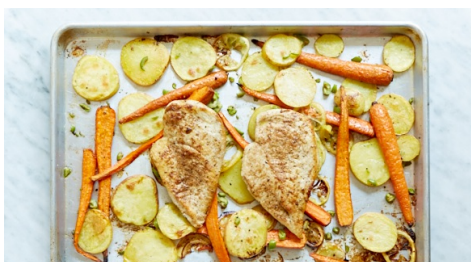
2. Roast vegetables

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. Sear chicken

Meanwhile, coarsely chop **olives**, removing pits if necessary. Pat **chicken** dry, and 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, 2-3 minutes per side.



4. Add olives & chicken

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. Prep parsley

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



6. Finish & serve

Sprinkle **parsley** on **vegetables** and toss gently. Serve **chicken** with **vegetables**, and **lemon slices** if desired. Enjoy!