



LOW CARB

Asparagus & Chicken Pan Roast

with Sweet Potatoes & Mint Gremolata



20-30min



4 Servings

Gremolata is an Italian condiment made from combining finely chopped herbs, garlic and citrus—traditionally made with parsley—this dish uses mint adding a fresh flavor, perfect for spring!

What we send

- lemon
- asparagus
- boneless, skinless chicken breasts
- garlic
- harissa spice blend
- fresh mint
- yellow onion
- sweet potato

What you need

- kosher salt & ground pepper
- olive oil

Tools

- meat mallet (or heavy skillet)
- 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.

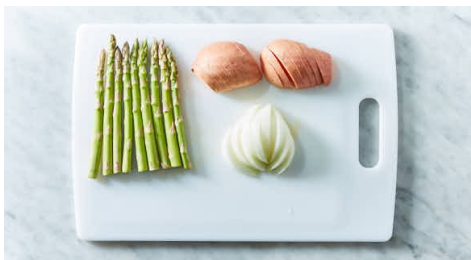
We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

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

Nutrition per serving

Calories 410.0kcal, Fat 15.0g, Proteins 38.0g, Carbs 30.0g



1. Prep vegetables

Preheat oven to 450°F with a rack in the upper third. Scrub **sweet potatoes**, then cut in half lengthwise and slice crosswise into ¼-inch half moons. Halve, peel, and cut **onion** through the root into ¼-inch wedges. Trim bottom 2 inches from **asparagus**.



4. Broil chicken & asparagus

Switch oven to broil. Place **chicken** on one half of the baking sheet, then arrange **asparagus** on top of **potatoes** and **onions**. Broil in upper third of oven until asparagus is crisp-tender and chicken is cooked through, about 6 minutes (watch closely as broilers vary). Transfer chicken to a plate.



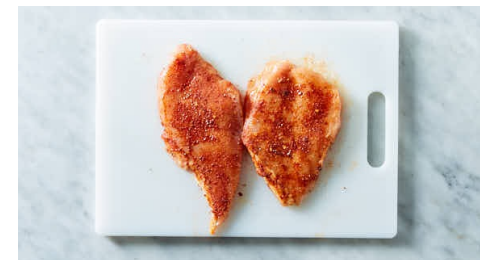
2. Roast vegetables

On a rimmed baking sheet, toss **sweet potatoes, onions, 2 tablespoons oil, ½ teaspoon salt, and a few grinds pepper**. Roast in upper third of oven until just tender, about 18 minutes. Stir vegetables, then push to one half of the baking sheet to make space for **chicken**.



5. Make gremolata

Peel and finely chop **1 teaspoon garlic**. Finely grate **1 teaspoon lemon zest**, then cut lemon into wedges. Pick **mint leaves** from stems; reserve 2 tablespoons whole mint leaves for serving. Finely chop remaining mint leaves, chopped garlic, and lemon zest together. On same baking sheet, toss **vegetables with gremolata**. Season with **salt and pepper**.



3. Season chicken

While vegetables roast, pat **chicken** dry and pound to an even ½-inch thickness, if necessary. Season all over with **2 teaspoons of the harissa spice, 1 teaspoon salt, and a few grinds pepper**.



6. Finish & serve

In a small bowl, slightly thin **sour cream** by stirring in **1 teaspoon water** as needed. Season with **a pinch each salt and pepper**. Spoon **sour cream** onto plates, then top with **chicken and vegetables**. Garnish with **remaining mint leaves**. Serve with **lemon wedges** on the side. Enjoy!