



Harissa Chicken Sandwich

with Carrot Chips



30-40min



2 Servings

This sandwich is a real winner. Juicy chicken breasts get seasoned with a flavorful harissa spice and seared to perfection. The chicken gets slathered with a spicy yogurt dip and bundled up in a warm and chewy pita. And let's not forget about the side—carrots are thinly sliced and roasted until golden. What's not to love about this dish? Cook, relax, and enjoy!

What we send

- roasted red pepper
- baby arugula
- crushed red pepper
- boneless, skinless chicken breasts
- carrots
- harissa spice blend

What you need

- coarse salt
- freshly ground pepper
- olive oil

Tools

- medium 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.

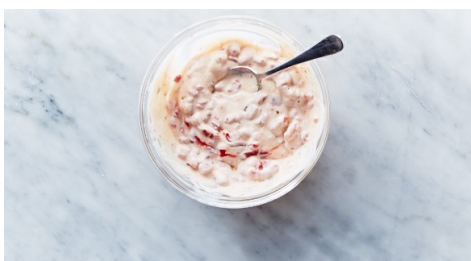
Nutrition per serving

Calories 724.0kcal, Fat 20.8g, Proteins 53.3g, Carbs 79.6g



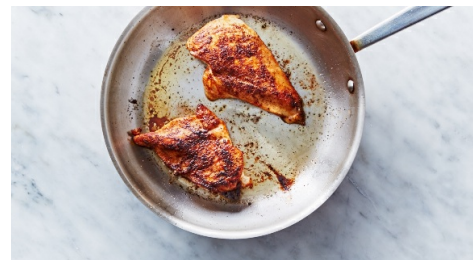
1. Roast carrots

Preheat oven to 425°F. Peel **carrots** and thinly slice on the diagonal. Place carrots on rimmed baking sheet and toss with 2 tablespoons **oil** and season with ½ teaspoon **salt** and a few grinds **pepper**. Roast until carrots are golden brown around the edges, 20-25 minutes.



4. Make yogurt sauce

In a small bowl, combine **yogurt**, **chopped peppers**, and ½ to all of the **crushed red pepper** (depending on heat preference). Season to taste with **salt** and **pepper**.



2. Cook chicken

Season **chicken** all over with **harissa spice blend** and ¼ teaspoon **salt**. Heat 1 tablespoon **oil** in a medium skillet over medium-high and cook chicken until golden brown and cooked through, 4-5 minutes per side. Allow to cool slightly then thinly slice crosswise. Cover to keep warm.



5. Heat pita

Place **pitas** directly on oven rack; bake until warmed through, about 5 minutes. Wrap in foil to keep warm.



3. Chop roasted pepper

Finely chop **roasted red pepper**.



6. Assemble sandwiches

Spread **sauce** on each **pita** and top with **chicken** and **arugula**. Fold the **sandwiches** in half then cut crosswise and divide between 2 plates. Serve with **carrot chips** on the side. Enjoy!