



HEALTHY

Lemon and Harissa Chicken

with Broccolini and Toasted Seeds



30-40min



4 Portions

Low on carbs, big on flavour, this healthy dish is beyond delicious. Just rub harissa seasoning into lean chicken breast, then pan-fry with lemon. Toasted seeds and a quick toss in pan-juices give the vegetables here an extra edge of yum.

What we send

- sunflower seeds
- broccolini
- 2 large free-range chicken breast fillet
- chicken-style stock cube
- lemon
- carrot
- pepitas
- harissa seasoning ¹⁷
- 2 x 150g peas

What you'll require

- boiling water
- olive oil
- sea salt and pepper

Utensils

- fine grater
- large frypan
- large saucepan

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

Our apologies, due to market availability we had to substitute the asparagus with broccolini. But don't worry, the dish will be equally delicious.

Allergens

Sulphites (17). May contain traces of other allergens.

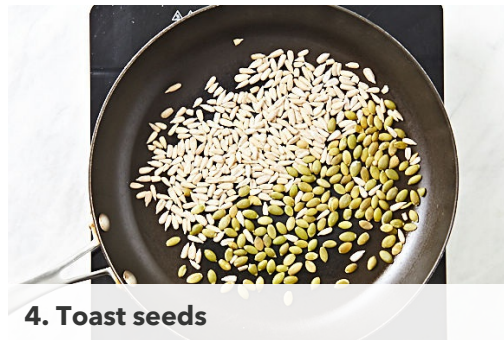
Nutrition per serving

Energy 515kcal, Fat 27.1g, Carbs 12.0g, Proteins 48.8g



1. Prepare ingredients

Finely grate the **lemon zest**, then thinly slice the lemon. Trim, then halve the **broccolini** (see cooking tip). Peel the **carrots**, then thinly slice into rounds. Put the **chicken breasts** flat on a board, put your hand on top, then halve horizontally into 2 equal fillets.



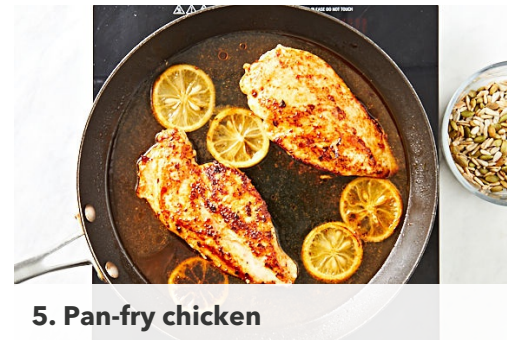
4. Toast seeds

Put the **pepitas** and **sunflower seeds** in a cold large frypan over medium heat. Toast, tossing, for 2-3 mins until evenly golden. Transfer to a bowl, reserving the pan. Bring a large saucepan of salted water to boil for the vegetables.



2. Marinate chicken

Put the **lemon zest, harissa seasoning** and **1 tbs olive oil** in a bowl, season with **salt and pepper** and stir to combine. Add the **chicken** and rub well to coat.



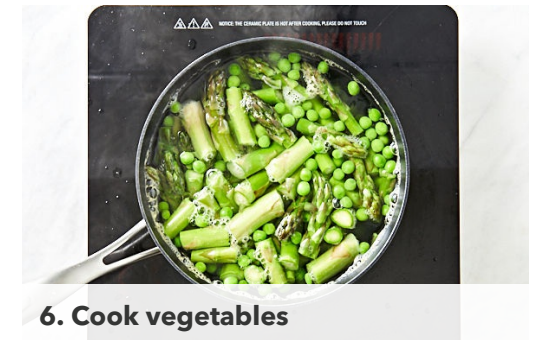
5. Pan-fry chicken

Heat **2 tbs olive oil** in the pan over medium-high heat. Cook the **chicken** and **lemon slices**, turning once, for 5 mins or until golden on both sides. Add the **stock** and simmer for 2 mins or until the chicken is cooked through and the stock has reduced. Remove the chicken and lemon from the pan and keep warm, reserving the juices in the pan.



3. Make stock

Crumble the **stock cubes** into a heatproof jug, add **330ml (1 1/3 cups) boiling water** and stir to dissolve.



6. Cook vegetables

Meanwhile, cook the **carrot, peas** and **broccolini** in the pan of boiling water for 2-3 mins or until the vegetables are tender. Drain. Add the **vegetables** and **seeds** to the reserved pan, season with **salt and pepper** and toss to coat in the **pan juices**. Divide the **chicken, lemon slices** and **vegetables** among plates to serve.