



HEALTHY

Lemon and Harissa Chicken

with Broccolini and Toasted Seeds



30-40min



2 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
- 1 large free-range chicken breast fillet
- pepitas
- broccolini
- carrot
- lemon
- harissa seasoning ¹⁷
- peas
- chicken-style stock cube

What you'll require

- boiling water
- olive oil
- sea salt and pepper

Utensils

- fine grater
- medium frypan
- medium 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.

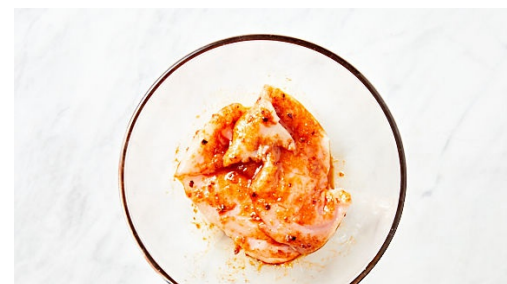
Nutrition per serving

Energy 550kcal, Fat 29.6g, Carbs 12.7g, Proteins 50.5g



1. Prepare ingredients

Finely grate the zest of **half the lemon**, then thinly slice the half (the remaining half won't be used in this dish). Trim, then halve the **broccolini** (see cooking tip). Peel the **carrot**, then thinly slice into rounds. Put the **chicken breast** flat on a board, put your hand on top, then halve horizontally into 2 equal fillets.



2. Marinate chicken

Put the **lemon zest, harissa seasoning** and **2 tsp olive oil** in a bowl, season with **salt and pepper** and stir to combine. Add the **chicken** and rub well to coat.



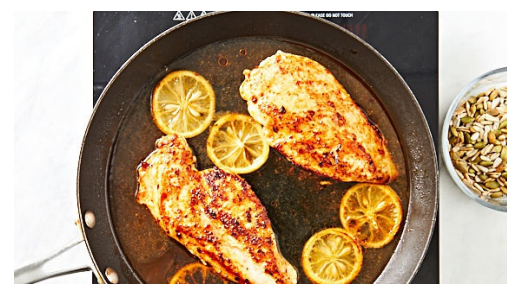
3. Make stock

Crumble **1 stock cube** (the remaining stock cube won't be used in this dish) into a heatproof jug, add **250ml (1 cup) boiling water** and stir to dissolve.



4. Toast seeds

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



5. Pan-fry chicken

Heat **1 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.



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.