



HEALTHY

Pan-Seared Harissa Chicken

with Middle Eastern Vegetables



30-40min



2 Portions

Low on carbs, big on flavour, this nutritious dish is beyond delicious. Just rub harissa seasoning into chicken breast fillets, then pan-fry until golden while kale, carrot and chickpeas cook with aromatic spices. Finish with a drizzle of honey and lime yoghurt sauce for an extra edge of yum.

What we send

- 17
- 7
- coriander
- 1 garlic clove

* The remainder of this ingredient won't be used in this recipe.

What you'll require

- Australian honey
- olive oil
- sea salt and pepper

Utensils

- fine grater
- medium frypan

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

Cooking tip

Garlic used raw needs to be finely minced. Adding a little salt to the garlic on the chopping board helps. ~The harissa seasoning has a chilli kick so add according to your heat preference.

Allergens

Milk (7), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 525kcal, Fat 17.1g, Carbs 33.6g, Proteins 49.3g



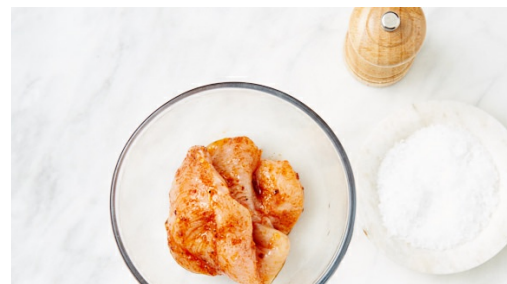
1. Prepare vegetables

Read through the recipe. Thinly slice the **onion**. Chop the **garlic**, then press with the flat side of a knife to finely mince (see cooking tip). Finely chop the **coriander**, keeping the leaves and stems separate. Peel and coarsely grate the **carrots**. Discard the tough stems from the **kale** and thinly slice. Rinse and drain the **chickpeas**.



4. Cook vegetables

Heat **2 tsp olive oil** in the pan over medium-high heat. Cook the **onion, coriander stems, three-quarters of the garlic** and **½ tsp cumin seeds****, stirring, for 2-3 mins until softened. Add the **carrot** and cook for 2-3 mins until softened. Add the **kale** and **chickpeas** and cook for 2-3 mins until the kale is wilted.



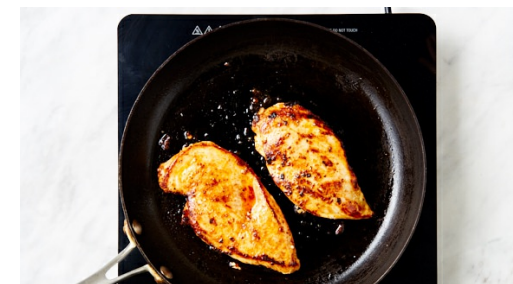
2. Marinate chicken

Put the **chicken breast** flat on a board, put your hand on top and halve horizontally into 2 equal fillets. Combine the **harissa seasoning** (see cooking tip) and **2 tsp olive oil** in a large bowl. Add the chicken, season with **salt and pepper** and turn to coat.



5. Make yoghurt sauce

Meanwhile, finely grate the zest of **half the lime****, then juice the half. Combine **half the yoghurt****, **lime zest**, **lime juice**, **remaining garlic** and **½ tsp honey** in a bowl. Taste, then season with **salt and pepper**.



3. Cook chicken

Heat a medium deep frypan over medium-high heat. Cook the **chicken** for 3-4 mins each side until golden and cooked through. Transfer to a plate and rest for 4 mins.



6. Get ready to serve

Remove from the heat and stir in the **coriander leaves**. Taste, then season with **salt and pepper**. Slice the **chicken**. Divide the **chicken** and **vegetable mixture** among plates and pour any resting juices over the chicken. Drizzle with the **yoghurt sauce** to serve.