



SEP
2016

Dukkah-Roasted Chicken

with Sweet Potatoes, Snap Peas, and Citrus Sour Cream

We've fallen in love with dukkah—an Egyptian spice blend containing crushed nuts, sesame seeds, cumin, and coriander. It's earthy and nutty in all the best ways. It gives this simple, pan-seared chicken and roasted sweet potatoes a major upgrade!

 Prep:
35 min

 level 1

 gluten
free



Chicken Thighs



Sweet Potatoes



Snap Peas



Dukkah Spice



Sour Cream



Limes

Ingredients

Chicken Thighs		2 pkg (680 g)
Sweet Potato, cubed		1 pkg (680 g)
Sugar Snap Peas		1 pkg (300 g)
Dukkah Spice	1) 2)	1 pkg (3 tbsp)
Sour Cream	3)	3 pkg (½ cup)
Limes		2
Olive or Canola Oil*		

4 People

*Not Included

Allergens

- 1) Tree Nuts/Noix
- 2) Sesame/Sésame
- 3) Milk/Lait

Tools

Baking Sheet, Small Bowl, Plastic Wrap, Large Pan, Zester, Measuring Spoons

Ruler

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Nutrition per person Calories: 508 cal | Fat: 17 g | Sat. Fat: 5 g | Protein: 44 g | Carbs: 47 g | Sugar: 12 g | Sodium: 239 mg | Fiber: 9 g

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

2



1 Preheat your oven to 425°F. Start prepping when your oven comes up to temperature!

2 Prep and roast the sweet potatoes: Wash and dry all produce. Toss the **sweet potatoes** on a baking sheet with **1 tbsp dukkah** (**DO:** measure out), a drizzle of **oil**, and a pinch of **salt** and **pepper**. Place in the oven, stirring halfway through cooking, until golden brown, 25-30 min.

3



3 Make the citrus sour cream: Meanwhile, zest, then halve the **limes**. In a small bowl, mix the **sour cream**, **lime zest**, and a large squeeze of **lime juice**. Season to taste with **salt** and **pepper**.

4 Pound the chicken: Cover the chicken thighs with plastic wrap, and pound with a mallet or large pan until ½-inch thick all over. Season with **salt**, **pepper**, and the **remaining dukkah**.

4



5 Cook the chicken: Heat a large pan over medium-high heat. Add a large drizzle of **oil**, then the **chicken**. Cook for 3-4 min per side, until cooked through. You may need to do this in batches. (**TIP:** Inserting a thermometer into the cooked chicken should display an internal temperature of 175°F.) Set the chicken aside to rest for 5 min.

6 Cook the snap peas: Meanwhile, trim the **snap peas** (**TIP:** Use scissors to cut the ends off!) Heat another drizzle of **oil** in the same pan over medium heat. Add the **snap peas** and cook, tossing for 3-4 min, until crisp-tender. Season with **salt** and **pepper**.

7 Finish and serve: Slice, then serve the **chicken** on a bed of roasted **sweet potatoes** and **snap peas**. Drizzle with the **citrus sour cream** and enjoy!

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