



FEB  
2017

## 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 hazelnuts, sesame seeds, cumin and coriander. Dukkah gives this simple pan-seared chicken meal a major upgrade!



Chicken Breasts



Sweet Potatoes



Sugar Snap Peas



Dukkah Spice



Sour Cream



Lime

## Ingredients

	2 People	4 People
Chicken Breasts	1 pkg (340 g)	2 pkg (680 g)
Sweet Potato, cubed	1 pkg (340 g)	2 pkg (680 g)
Sugar Snap Peas, trimmed	1 pkg (227 g)	2 pkg (454 g)
Dukkah Spice	1) 2) 1 pkg (3 tbsp)	2 pkg (6 tbsp)
Sour Cream	3) 2 pkg (1/3 cup)	4 pkg (2/3 cup)
Lime	1	2
Olive or Canola Oil*		

\*Not Included

## Allergens

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

## Tools

2 Baking Sheets, Small Bowl, Large Pan, Zester, Measuring Spoons

Ruler

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**Nutrition per person** Calories: 501 cal | Fat: 14 g | Protein: 47 g | Carbs: 48 g | Fibre: 9 g | Sodium: 367 mg

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

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**1 Preheat your oven to 425°F. (To roast the sweet potatoes and chicken.) 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 **half the dukkah spice** and a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until golden-brown, 25-28 min.

4



**3 Cook the chicken:** Meanwhile, sprinkle the **chicken** with **remaining dukkah**. Season with **salt** and **pepper**. Arrange on another baking sheet and bake in the centre of the oven until the chicken is cooked through, 20-25 min. (**TIP:** Inserting a thermometer into the cooked chicken should display an internal temperature of 175°F.)

**4 Make the citrus sour cream:** Meanwhile, zest, then halve the **lime(s)**. In a small bowl, mix the **sour cream**, **lime zest**, and **1 tbsp lime juice** (double for 4 people.) (**TIP:** If you like it more tangy, squeeze in a bit more lime juice!) Season with **salt** and **pepper**.

5



**5 Cook the snap peas:** Heat a large pan over medium-high heat. Add a drizzle of **oil**, then the **snap peas**. Cook, stirring, until tender-crisp, 3-4 min. Season with **salt** and **pepper**.

**6 Finish and serve:** Serve the **chicken** on a bed of roasted **sweet potatoes** and **snap peas**. Dollop with the **citrus sour cream**. Enjoy!

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