



# HARISSA-SPICED CHICKEN

with Mashed Potatoes and Honey-Glazed Carrots

PRONTO

SPICY



## HELLO

### HARISSA PASTE

This fragrant spicy chili pepper paste is commonly used in Tunisian and Moroccan cuisine

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 681



Chicken Breasts



Thyme



Russet Potatoes



Garlic



Heirloom Carrot, sliced



Harissa Paste



Honey



Vegetable Broth Concentrate

## BUST OUT

- Measuring Spoons
- Baking Sheet
- Garlic Press
- Medium Pot
- Large Non-Stick Pan
- Strainer
- Medium Bowl
- Potato Masher
- Butter **2** (2 tbsp | 4 tbsp)
- Salt and Pepper
- Olive or Canola oil

## INGREDIENTS

2-person | 4-person

- Chicken Breasts 340 g | 680 g
- Thyme 10 g | 10 g
- Russet Potatoes 400 g | 800 g
- Garlic 10 g | 20 g
- Heirloom Carrot, sliced 340 g | 680 g
- Harissa Paste 🍷 2 tbsp | 4 tbsp
- Honey 1 tbsp | 2 tbsp
- Vegetable Broth Concentrate 1 | 2

## ALLERGENS | ALLERGÈNES

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

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 165°F.



## START STRONG

Preheat the oven to **400°F** (to roast the carrots and chicken). Start prepping when the oven comes up to temperature!



**1 ROAST CARROTS**  
Wash and dry all produce.\* Strip **1½ tsp thyme leaves** (double for 4 ppl) from the sprigs. On a baking sheet, toss the **carrots, thyme** and **1½ tsp honey** (double for 4 ppl) with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until golden-brown and tender, 23-25 min.



**4 BAKE CHICKEN**  
Transfer the **chicken** to the baking sheet with the **carrots**. Roast in the oven until cooked through, 14-16 min. (**TIP:** Cook to a min. internal temp. of 165°F, as size may vary.\*\*)



**2 BOIL POTATOES**  
Meanwhile, peel, then cut the **potatoes** into 1/2-inch cubes. In a medium pot, combine the potatoes with enough **salted water** to cover. Bring to a boil over medium-high heat. Cook the potatoes until fork-tender, 12-15 min.



**5 MASH POTATOES**  
Meanwhile, mince or grate the **garlic**. Drain the **potatoes**. Set aside. Heat the same pot over medium heat. Add a drizzle of **oil**, then the **garlic**. Cook until fragrant, 1 min. Add the **potatoes, broth concentrate(s)** and **2 tbsp water** (double for 4 ppl). Using a fork or potato masher, mash **2 tbsp butter** (double for 4 ppl) into the potatoes until smooth.



**3 SEAR CHICKEN**  
Meanwhile, in a medium bowl, stir together the **harissa** and **remaining honey**. Pat **chicken** dry with paper towels. Coat each breast with as much **harissa mixture** as you like. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the chicken. Cook until golden-brown, 2-3 min per side.



**6 FINISH AND SERVE**  
Divide the **roasted carrots, harissa chicken** and **mashed potatoes** between plates.

## OH HONEY!

Honey complements harissa beautifully in this sweet and spicy dish!