



# HARISSA-SPICED CHICKEN

with Chickpea Mash and Parsley-Lemon Crema

SPICY

PRONTO



## HELLO HARISSA

Originally from Tunisian cuisines, this hot chili pepper paste is found in many different dishes

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 502



Chicken Breasts



Chickpeas



Butternut Squash, cubes



Red Onion, chopped



Garlic



Harissa Paste



Honey



Cumin



Lemon



Parsley



Greek Yogurt

## BUST OUT

- 2 Baking Sheets
- Silicone Brush
- Garlic Press
- Zester
- Large Non-Stick Pan
- 2 Small Bowls
- Paper Towel
- Parchment Paper
- Measuring Cups
- Salt and Pepper
- Measuring Spoons
- Olive or Canola oil
- Potato Masher

## INGREDIENTS

2-person | 4-person

- Chicken Breasts 340 g | 680 g
- Chickpeas 1 can | 2 can
- Butternut Squash, cubes 340 g | 680 g
- Red Onion, chopped 56 g | 113 g
- Garlic 10 g | 20 g
- Harissa Paste 🍷 1 tbsp | 2 tbsp
- Honey 1 tbsp | 2 tbsp
- Cumin 1 tsp | 2 tsp
- Lemon 1 | 2
- Parsley 10 g | 20 g
- Greek Yogurt 2 100 g | 200 g

## ALLERGENS | ALLERGÈNES

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

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, 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
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 74°C/165°F



## START STRONG

Preheat the oven to **425°F** (to roast the squash and chicken). Start prepping when the oven comes up to temperature!



### 1 ROAST SQUASH

**Wash and dry all produce.\*** On a baking sheet, toss the **squash** 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, 20-22 min.



### 4 PREP CHICKPEA MASH

Heat the same pan over medium heat. Add another drizzle of **oil**, then the **onions**. Cook, stirring often, until softened, 3-4 min. Add the **garlic, cumin, ½ cup water** (double for 4 ppl) and **chickpeas**, including the **liquid** from the can(s). Cook, stirring often, until chickpeas are warmed through, 6-8 min.



### 2 SEAR CHICKEN

Meanwhile, in a small bowl, combine **harissa paste** and **1 tbsp honey** (double for 4 ppl). Set aside. Pat **chicken** dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. Add a drizzle of **oil**, then the chicken. Cook until golden, 2-3 min per side. Remove pan from heat. Transfer chicken to a parchment-lined baking sheet.



### 5 FINISH MASH

Remove the pan from the heat. Using a potato masher, roughly mash the **chickpeas** until they have a chunky-smooth consistency. Stir in the **squash, lemon zest, half the parsley** and **1 tbsp lemon juice** (double for 4 ppl). Season with **salt** and **pepper**. (**TIP:** Taste and add more lemon juice, 1 tsp at a time, if you like a more tangy flavour.)



### 3 BAKE CHICKEN

Brush the tops of the **chicken** with the **harissa mixture**. Roast in the centre of the oven until the chicken is cooked through, 12-14 min. (**TIP:** Cook to a minimum internal temp. of 74°C/165°F, as size may vary.\*\*) Meanwhile, mince or grate the **garlic**. Zest, then juice the **lemon(s)**. Roughly chop the **parsley**.



### 6 FINISH AND SERVE

In another small bowl, combine the **yogurt, remaining parsley** and **1 tbsp lemon juice** (double for 4 ppl). Divide the **harissa chicken** and **chickpea mash** between plates. Dollop with the **parsley-lemon crema**.

## TASTY!

Mashed chickpeas are a delicious substitute for mashed potatoes!