



Smart Harissa-Honey Chicken

with Sheet-Pan Veggies and Herby Tourn Sauce

Carb Smart

Calorie Smart

30 Minutes



Chicken Tenders



Sweet Potato



Zucchini



Yellow Onion



Parsley



Plant-Based Mayonnaise



Honey



Harissa Spice Blend



Garlic Salt

HELLO HARISSA SPICE BLEND

This fragrant chili pepper seasoning is commonly used in North African cuisine!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Baking sheet, medium bowl, measuring spoons, small bowl, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders*	310 g	620 g
Sweet Potato	340 g	680 g
Zucchini	200 g	400 g
Yellow Onion	56 g	113 g
Parsley	7 g	7 g
Plant-Based Mayonnaise	4 tbsp	8 tbsp
Honey	1 tbsp	2 tbsp
Harissa Spice Blend	½ tbsp	1 tbsp
Garlic Salt	1 tsp	2 tsp
Oil*		

Salt and Pepper*

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

† Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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1 Prep

- Cut **sweet potatoes** into ¼-inch rounds.
- Cut **zucchini** into ¼-inch rounds.
- Peel, then cut **half the onion** into ¼ -inch slices (whole onion for 4 ppl).



2 Start veggies

- Add **sweet potatoes, zucchini, onions, half the garlic salt** and **1 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with **pepper**, then toss to combine.
- Roast in the **bottom** of the oven until beginning to brown and soften, 10 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)



3 Make sauce

- Meanwhile, finely chop **parsley**.
- Combine **mayo, half the parsley** and **remaining garlic salt** in a small bowl.



4 Cook chicken and finish veggies

- Pat **chicken** dry with paper towels.
- Add **chicken, honey, half the Harissa Spice Blend** (all for 4 ppl) and **½ tbsp oil** (dbl for 4 ppl) to a medium bowl. Season with **salt**, then toss to combine.
- Once **veggies** have been cooking for 10 min, remove from the oven and flip.
- Turn the oven to high broil.
- Place **chicken** over **veggies**. Return to the **middle** of the oven and roast until **veggies** are golden-brown and **chicken** is cooked through, 7-9 min.**



5 Finish and serve

- Divide **veggies** and **chicken** between plates.
- Spoon **herby toum sauce** over **chicken**.
- Sprinkle **remaining parsley** over top.

Dinner Solved!