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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!



Chicken Breasts



Sweet Potatoes



Snap Peas



Dukkah



Sour Cream



Lime

Ingredients

	2 People	4 People
Chicken Breasts	12 oz	24 oz
Sweet Potatoes	12 oz	24 oz
Snap Peas	6 oz	12 oz
Dukkah 1)	1 T	2 T
Sour Cream 2)	4 T	8 T
Lime	1	2
Olive Oil*	1 T	2 T

*Not Included

Allergens

1) Nuts

2) Milk

Tools

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

Ruler

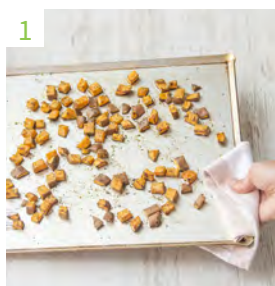
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Nutrition per person Calories: 510 cal | Fat: 16 g | Sat. Fat: 4 g | Protein: 46 g | Carbs: 47 g | Sugar: 12 g | Sodium: 263 mg | Fiber: 9 g

Make sure to wash and dry produce before prepping or cooking!



1 Prep and roast the sweet potatoes: Preheat the oven to 400 degrees. Trim the **snap peas**. Cut the **sweet potato** into 1/2-inch cubes. Toss them on a baking sheet with half the **dukkah**, a drizzle of **olive oil**, and a pinch of **salt** and **pepper**. Place in the oven, tossing halfway through cooking, for 20-25 minutes, until golden brown.



2 Make the citrus sour cream: Zest, then halve the **lime**. In a small bowl, mix the **sour cream**, a pinch of **lime zest**, and a squeeze of **lime juice**. Season to taste with **salt** and **pepper**. Thin to a drizzling consistency using a teaspoon or so of **water**.



3 Butterfly the chicken breasts: Place your hand on top of the **chicken breast** and slice into the center of the meat, parallel to the cutting board. Stop before cutting all the way through. Open the chicken up like a book, cover with plastic wrap, and pound with a mallet or large pan until 1/2-inch thick. Repeat with the other chicken breast. Season on all sides with **salt**, **pepper**, and the remaining **dukkah**.



4 Cook the chicken: Heat a drizzle of **oil** in a large pan over medium-high heat. Once hot, add the **chicken** to the pan and cook for 3-4 minutes per side, until cooked through. Remove from the pan and set aside to rest.

5 Cook the snap peas: Heat another drizzle of **oil** in the same pan over medium heat. Add the **snap peas** and cook, tossing for 4-5 minutes, until crisp-tender. Season with **salt** and **pepper**.

6 Finish and plate: Serve the **chicken** on a bed of roasted **sweet potatoes** and **snap peas**. Drizzle with the **citrus sour cream** and enjoy!