



MAY
2016

Spice-Rubbed Chicken and Sweet Potato Jumble with Tomatoes and Feta

We didn't know what to call this side dish, so we named it for what it is: a jumble! Juicy tomatoes, roasted sweet potatoes, feta, and cilantro are tossed together with a squeeze of lime for a shockingly delicious combination.

 **Prep:** 10 min
Total: 30 min

 level 1

 nut
free

 gluten
free



Chicken Breasts



Grape
Tomatoes



Cilantro



Limes



Sweet Potatoes



Southwest
Spice Blend



Feta
Cheese

Ingredients

Chicken Breasts		24 oz
Grape Tomatoes		8 oz
Cilantro		½ oz
Limes		2
Sweet Potatoes		24 oz
Southwest Spice Blend		2 t
Feta Cheese	1)	1 Cup
Olive Oil *		2 T + 2 t

4 People

*Not Included

Allergens

1) Milk

Tools

Baking sheet, Zester, Small bowl, Large pan, Medium bowl

Nutrition per person Calories: 514 cal | Fat: 18 g | Sat. Fat: 5 g | Protein: 50 g | Carbs: 42 g | Sugar: 9 g | Sodium: 541 mg | Fiber: 7 g

Ruler

0 in ¼ in ½ in ¾ in 1 in



1 Prep the ingredients: Wash and dry all produce. Preheat the oven to 425 degrees. Halve the **tomatoes**. Roughly chop the **cilantro**. Cut the **sweet potatoes** into ½-inch cubes. Toss the **sweet potato cubes** on a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Place in the oven for about 25 minutes, tossing halfway through cooking, until golden brown.



2 Make the spice rub: Zest the **limes** into a small bowl. Stir in the **Southwest spice blend** and **2 Tablespoons olive oil**. Season with **salt** and **pepper**.



3 Cook the chicken: Spread the **spice rub** over the **chicken breasts**. Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add the **chicken** to the pan and cook for 5-6 minutes per side, until cooked through. Remove from the pan and set aside to rest.

4 Make the sweet potato jumble: Halve the **limes**. In a medium bowl, toss the roasted **sweet potatoes** with the **tomatoes, cilantro, feta**, and a large squeeze of **lime juice**. Season to taste with **salt** and **pepper**.

5 Serve: Thinly slice the **spice-rubbed chicken** and serve on a bed of the **sweet potato jumble**. Enjoy!

Share your masterpiece! Tag your photos with #HelloFreshPics and share on you'll be entered into our weekly photo contest!



HelloFresh.com | hello@hellofresh.com