



AUG  
2016

## Spice-Rubbed Chicken

with Sweet Potato, Bell Pepper, and Feta Jumble

Did you know that sweet potatoes aren't actually potatoes? They're a part of the morning glory family of flowering plants. But that doesn't mean we love 'em any less, especially when they're tossed with tangy feta and tender, slightly spicy chicken.



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



level 1



nut  
free



gluten  
free



Chicken  
Breasts



Sweet  
Potatoes



Red Bell  
Pepper



Yellow Bell  
Pepper



Scallions



Lime



Southwest  
Spice Blend



Feta  
Cheese

## Ingredients

	2 People	4 People
Chicken Breasts	12 oz	24 oz
Sweet Potatoes	12 oz	24 oz
Red Bell Pepper	1	2
Yellow Bell Pepper	1	2
Scallions	2	4
Lime	1	2
Southwest Spice Blend	1 t	2 t
Feta Cheese	1)	¼ Cup
Olive Oil*	4 t	8 t

\*Not Included

## Allergens

1) Milk

## Tools

Peeler, Baking sheet, Zester, 2 Medium bowls, Large pan

**Nutrition per person** Calories: 510 cal | Fat: 14 g | Sat. Fat: 3 g | Protein: 48 g | Carbs: 51 g | Sugar: 13 g | Sodium: 345 mg | Fiber: 9 g



**1 Roast the sweet potatoes:** Wash and dry all produce. Preheat the oven to 450 degrees. Peel and cut the **sweet potatoes** into ½-inch cubes. Toss 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, until golden brown.



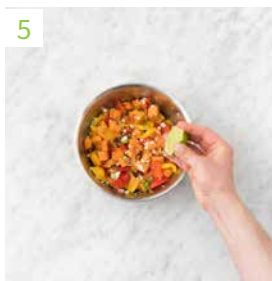
**2 Prep the remaining ingredients:** Core, seed, and dice the **bell peppers** into 1-inch cubes. Thinly slice the **scallions**, keeping the **greens** and **whites** separate.

**3 Cook the chicken:** Zest the **lime** into a medium bowl. Stir in the **Southwest spice blend** and a large drizzle of **olive oil**. Season with **salt** and **pepper**. Spread the spice rub all over the **chicken breasts**. Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add the **chicken**. Cook 5-6 minutes per side, until cooked through.



**4 Roast the bell peppers:** With about 15 minutes left to go on the **sweet potatoes**, toss the **bell peppers** on the baking sheet. Roast another 12-15 minutes, until tender.

**5 Make the jumble:** Halve the **lime**. In a medium bowl, toss the **sweet potatoes** with the **bell peppers**, **scallions whites**, **feta**, and a squeeze of **lime juice**. Season with **salt** and **pepper**.



**6 Serve:** Thinly slice the **spice-rubbed chicken** and serve over the **sweet potato, bell pepper, and feta jumble**. Garnish with the **scallion greens** and enjoy!

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

