



# Lemon-Pepper Chicken

## with Loaded Greek Salad









Carb Smart

30 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!

-  Chicken Thighs/Leg
-  Chickpeas
-  Grape Tomatoes
-  Shallot
-  Spring Mix
-  Feta Cheese
-  Lemon-Pepper Greek Seasoning
-  White Wine Vinegar

HELLO LEMON PEPPER

*Black pepper, garlic and dried lemon zest combine for a zippy Mediterranean kick!*

## Start here

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

## Bust Out

Baking sheet, measuring spoons, strainer, large bowl, small pot, whisk, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Thighs/Leg	310 g***	620 g***
Chickpeas	370 ml	740 ml
Grape Tomatoes	113 g	227 g
Shallot	50 g	100 g
Spring Mix	56 g	113 g
Feta Cheese	¼ cup	½ cup
Lemon-Pepper Greek Seasoning	1 tbsp	2 tbsp
White Wine Vinegar	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

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

\*\*\* Minimum weight on chicken

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

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

*Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount*

## Contact

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## 1 Prep

Drain and rinse **chickpeas**. Halve **grape tomatoes**. Peel, then thinly slice **shallot**. Pat **chicken** dry with paper towels, then cut **each piece** in half, crosswise. Sprinkle with **half the Lemon Pepper Seasoning**.



## 2 Cook chicken

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil**, then the **chicken**. Sear until golden-brown, 2-3 min per side. Transfer the **chicken** to a baking sheet. Roast in the **middle** of oven until **chicken** is cooked through, 6-8 min. \*\* Carefully rinse and wipe pan clean.



## 3 Pickle shallots

Stir together **half the vinegar**, **shallots** and **2 tbsp water** (dbl for 4ppl) in a small pot. Bring to a boil over high heat. Remove pot from heat to cool slightly.



## 4 Cook chickpeas

Heat the same pan (from step 2) over medium heat. When hot, add **1 tbsp oil** (dbl for 4ppl), then **chickpeas** and **remaining Lemon Pepper Seasoning**. Cook, stirring occasionally until golden-brown, 4-5 min. Season with **salt**. Remove pan from heat and let **chickpeas** cool, slightly.



## 5 Make salad

Whisk together **remaining vinegar** and **1 tbsp oil** (dbl for 4ppl) in a large bowl. Add **chickpeas**, **tomatoes**, **half the feta** and **spring mix**. Toss to combine and season with **salt** and **pepper**.



## 6 Finish & serve

Drain and discard **liquid** from **pickled shallots**. Thinly slice **chicken**. Divide **salad** between plates. Top with **chicken**, **pickled shallots** and **remaining feta**.

## Dinner Solved!