

Sheet Pan Dukkah Chicken

with Carrots, Chickpeas and Lemony Kale

Calorie Smart

30 Minutes



Chicken Breasts



Chickpeas



Carrot



Lemon



Dukkah Spice



Hummus



Garlic Salt



Kale, chopped

HELLO DUKKAH

This Egyptian seasoning is a savoury blend of seeds, nuts and warm spices.

Start here

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

Bust Out

2 Baking sheets, strainer, zester, small bowl, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Chickpeas	370 ml	740 ml
Carrot	170 g	340 g
Lemon	1	1
Dukkah Spice	2 tbsp	4 tbsp
Hummus	57 g	114 g
Garlic Salt	1 tsp	2 tsp
Kale, chopped	113 g	227 g
Oil*		
Salt and Pepper*		

* Pantry items

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

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.

Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.

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Prep

Drain and rinse **chickpeas**. Cut **carrot** in half lengthwise, then into ½-inch half-moons. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut any **remaining lemon** into wedges.



Roast veggies

Toss **chickpeas** with **carrots**, **¾ tsp garlic salt** and **1 tbsp oil** (dbl both for 4 ppl) on a baking sheet. Season with **pepper**. Roast in the **bottom** of the oven, stirring halfway through cooking, until **carrots** are tender and **chickpeas** are golden-brown, 22-24 min.



Cook chicken

While **veggies** roast, pat **chicken** dry with paper towels. Drizzle **½ tbsp oil** (dbl for 4 ppl) over **chicken**, then sprinkle **Dukkah Spice** on all sides. Heat a large non-stick pan over medium-high heat. When hot, add **chicken**. Sear, until **chicken** is golden-brown, 1-2 min per side. Transfer another baking sheet. Bake in the **middle** of the oven, until **chicken** is cooked through, 10-12 min.**



Cook kale

While the chicken cooks, heat the same pan over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **kale** and **remaining garlic salt**. Cook, stirring often, until tender. Remove pan from heat, then stir in **half the lemon zest** and **half the lemon juice**. Season with **pepper**.



Mix hummus

Stir together **hummus**, **remaining lemon zest**, **remaining lemon juice** and **2 tbsp water** (dbl for 4 ppl) in a small bowl. Season with **salt** and **pepper**.



Finish and serve

Thinly slice **chicken**. Divide **chicken**, **chickpeas**, **carrots** and **kale** between plates. Spoon **hummus** over **chicken**. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!