



SEPT
2016

Za'atar Chicken

with Roasted Sweet Potatoes, Green Beans, and Citrus Sour Cream

We've fallen in love with za'atar—an Israeli spice blend containing toasted sesame seeds, thyme, marjoram, and sumac. It adds an aromatic and tangy kick to both the simple pan-seared chicken and roasted sweet potatoes.



Prep: 10 min
Total: 30 min



level 1



gluten
free



nut
free



Chicken Breasts



Sweet Potatoes



Green Beans



Za'atar



Sour Cream



Lime

Ingredients

	2 People	4 People
Chicken Breasts	12 oz	24 oz
Sweet Potatoes	12 oz	24 oz
Green Beans	6 oz	12 oz
Za'atar	1 t	2 t
Sour Cream	1) 2 T	4 T
Lime	1	2
Olive Oil*	1 T	2 T

*Not Included

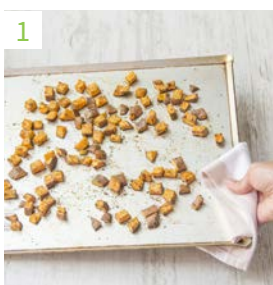
Allergens

1) Milk

Tools

Baking sheet, Zester, Small bowl, Plastic wrap, Large pan

Nutrition per person Calories: 460 cal | Fat: 11 g | Sat. Fat: 3 g | Protein: 46 g | Carbs: 45 g | Sugar: 11 g | Sodium: 196 mg | Fiber: 9 g



1 Prep: Wash and dry all produce. Preheat the oven to 400 degrees. Trim the **long-stemmed ends of the green beans**. Cut the **sweet potato** into ½-inch cubes. Toss on a baking sheet with half the **za'atar**, 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 about **1 teaspoon water**.

3 Butterfly the chicken breasts: Place your hand on top of a **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 ½-inch thick. Repeat with the other chicken breast. Season on all sides with **salt**, **pepper**, and the remaining **za'atar**.

4 Cook the chicken: Heat a drizzle of **olive 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 green beans: Heat another drizzle of **olive oil** in the same pan over medium heat. Add the **green beans** and cook, tossing, for 5-6 minutes, until crisp-tender. Season with **salt** and **pepper**.

6 Finish and plate: Serve the **za'atar chicken** on a bed of **roasted sweet potatoes** and **green beans**. Drizzle with the **citrus sour cream** and enjoy!

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