



HOME CHEF

Chicken with Baharat Spices

With Charred Squash Salad and Cilantro Oil



Baharat is a spice popular in Middle Eastern cuisine full of earthy, warming spices for a unique flavor that adds depth to dishes like stews and meats. We coat chicken breasts in it and serve with a side of squash, zucchini, and tomatoes accented with lemon, mint, and cilantro oil you make yourself. We had fun coming up with this dish, and we hope you like it, too.

OVERVIEW



TIME TO PREPARE



EASY RECIPE



DAYS BEST COOKED BY

NUTRITION

Calories: 357
Carbohydrates: 21g
Fat: 7g
Protein: 56g
Sodium: 1193mg
per serving

DIETARY



LOW CALORIE



LOW CARB



DAIRY-FREE



GLUTEN-FREE



NUT-FREE



SOY-FREE

DRINK PAIRING

The vegetables in this dish call for a drier white wine. Try a glass of Chardonnay or a Rosé here.

INGREDIENTS

2 Garlic Cloves
4 Mint Sprigs
6 Cilantro Sprigs
2 Boneless Skinless Chicken Breasts
2 tsp. Baharat Spice
9 oz. Carrots
1 Zucchini
1 Yellow Squash
4 oz. Grape Tomatoes
1 Lemon
¼ tsp. Red Pepper Flakes

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

Baking Sheet
Small Bowl
Large Pan

DID YOU KNOW?

We blend our baharat seasoning with 4 parts paprika, 3 parts cumin, 2 parts coriander, and 1 part each ground clove and cinnamon.

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Prepare the Ingredients and Marinate Chicken

Preheat oven to 400 degrees and prepare a baking sheet with foil. Thoroughly rinse produce and pat dry. Mince **garlic**. Stem and coarsely chop **mint** and **cilantro** (reserve a few mint leaves for garnish). Rinse **chicken breasts**, pat dry, and place on a plate. Season with **baharat spice blend**, half of **garlic**, half of **mint**, and 1 Tbsp. **olive oil**. Cover with plastic, allow to marinate at least 15 minutes, and wash hands. Trim ends off **carrot**, peel, and cut into ½” diagonal pieces. Cut **zucchini** and **yellow squash** into 1” dice. Halve **grape tomatoes**. Zest and halve **lemon**.



Make the Cilantro Oil

In a small mixing bowl, combine minced **cilantro** with 2 Tbsp. **olive oil** and half of **lemon zest**. Season with a pinch of **salt** and **pepper** and set aside to let flavors marry.



Cook the Chicken

Heat 2 tsp. **olive oil** in a large pan over medium-high heat and add **marinated chicken**. Cook until well-browned on both sides, about 3 minutes per side. Remove to prepared baking sheet and finish cooking in oven for 10 minutes or until a minimum internal temperature of 165 degrees is reached. Remove from oven, wrap in foil, and set aside. Wipe out pan and return to heat.



Char the Vegetables

Heat 1 tsp. **olive oil** in pan used to cook chicken. Add **carrot**, **zucchini**, and **yellow squash** pieces. Allow to cook undisturbed for 3 minutes, or until lightly charred. *The key to a quality sear is to not move the vegetables too soon.* Stir and continue cooking 5 more minutes. Add **red pepper flakes** (to taste) and season with a pinch of **salt** and **pepper**.



Finish the Vegetables

Add **tomatoes** and remaining **garlic** to pan and cook 5 more minutes, stirring frequently, until **zucchini** and **squash** are tender and **carrot** is cooked through. Remove from heat and add remaining **lemon zest** and **juice** from half a lemon. Add remaining **mint** and season with a pinch of **salt** and **pepper**, if necessary.



Plate the Dish

Place a bed of **charred vegetables** on a plate or in a shallow dish. Slice **chicken** (or serve whole, if desired) and place atop vegetables. Spoon **cilantro oil** over chicken, garnish with reserved **mint leaves**, and serve.