



NUTRITION *per serving* 26g carbohydrates 32g fat 60g protein 215mg sodium | low-calorie, low-carb, gluten-free, soy-free, nut-free



Calories
624



Prep & Cook Time
30-40 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

- 1 Red Onion
- 2 Zucchini
- 2 Roma Tomatoes
- 1 Garlic Clove
- 1 Red Bell Pepper
- 2 Persian Cucumbers
- 1 Lemon
- 2 Bone-in Skin-On Chicken Breasts
- 1 tsp. Dried Oregano
- 5.3 oz. Plain Greek Yogurt
- ½ tsp. Dried Dill

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- 2 Small Bowls
- Medium Oven-Safe Pan

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HOME CHEF

Greek Bone-In Chicken with Roasted Vegetables

with homemade tzatziki sauce and lemon

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **425 degrees**
- Prepare a baking sheet with foil and cooking spray
- Thoroughly rinse produce and pat dry

WHILE YOU COOK

- **Heads Up!** Lemon zest is used twice in this recipe. It's part of the herb mix that tops chicken and will also be used in tzatziki sauce.

FROM THE CHEF

The key to getting crispy, golden-brown skin-on chicken is to make sure your pan and oil have adequate time to preheat. If your smoke alarm is going off, it's hot enough. Don't touch or move meat while it browns; once it's seared and ready, the skin will naturally "unstuck" from the pan.

Did you know...

Tzatziki is a traditional Greek sauce of yogurt and cucumber, and is commonly served with grilled or roasted meats.



1

Prepare the Ingredients

Peel onion and slice into ¼" rounds. Trim zucchini ends and slice on an angle into ½" rounds. Slice Roma tomatoes into ½" rounds. Mince garlic. Stem, seed, and cut red bell pepper into ½" pieces. Trim cucumbers and cut into ⅛" dice. Zest and halve lemon. Cut one half into two wedges and juice the other half. Rinse chicken, pat dry, and season with salt and pepper.



4

Finish the Chicken

Flip and spoon remaining oregano-garlic mixture on cooked side of chicken. Place pan in oven and bake 20-25 minutes, or until chicken reaches a minimum internal temperature of 165 degrees. Once done, remove chicken from pan and rest at least 3 minutes. *Be careful, handle on pan will be hot!*



2

Cook the Vegetables

Add tomatoes, zucchini, red bell pepper, and red onion to baking sheet. Drizzle with 2 Tbsp. olive oil, ½ tsp. salt, and a large pinch of pepper. Toss to coat with your hands, breaking up onion into rings as you go. Bake 25 minutes, or until vegetables are tender and lightly browned.



5

Make the Tzatziki Sauce

While chicken cooks, combine cucumber, yogurt, dill, remaining zest, and 1 Tbsp. lemon juice in a small bowl. Stir together and season with salt and pepper to taste.



3

Cook the Chicken

While vegetables cook, mix together half the lemon zest, oregano, garlic, and 1 Tbsp. olive oil in a small bowl. Place a medium oven-safe pan over medium-high heat and add 2 tsp. olive oil to hot pan. Place chicken in pan, skin side down, and immediately spoon half the oregano-garlic mixture over chicken. Cook 5-7 minutes, until skin is golden brown and crispy.



6

Plate the Dish

Divide vegetables between two plates. Lean chicken against vegetables. Garnish each plate with lemon wedge to squeeze over dish when ready to eat. Serve tzatziki sauce on the side.

 Thanks for cooking with us. We hope you have a Happy Mother's Day!

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