



NUTRITION *per serving* 19g carbohydrates 23g fat 44g protein 272mg sodium | low-calorie, low-carb, gluten-free, dairy-free, soy-free, shellfish-free, nut-free



Calories
451



Prep & Cook Time
35-45 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

10 oz. Cauliflower Florets
1 Red Bell Pepper
8 oz. Green Beans
1 ½ tsp. Paprika
1 ½ tsp. Ground Cumin
2 Boneless Skinless Chicken Breasts
½ cup Hummus

IN YOUR KITCHEN

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

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HOME CHEF

Hummus-Crusted Chicken

with paprika roasted vegetables

BEFORE YOU COOK

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

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Heads Up!** **Paprika** and **cumin** are used twice. ½ tsp. each garnishes **chicken** and remaining flavors **vegetables**.
- Don't text and broil! Pay close attention to **chicken** while it is under the broiler to prevent burning it.

FROM THE CHEF

When spreading the hummus on top of the chicken, try not to spread it smoothly. Think of how peanut butter is spread on bread in commercials. There should be many small peaks and valleys. This will allow the hummus to brown with more character under the broiler.

Did you know...

How old is hummus? So old we really don't know when it came into being or who made it first. Chickpeas have been growing in the Middle East for thousands of years, and while there are rumors the dish was invented for 12th century sultan Saladin, it's possible hummus was invented long before then.



Prepare the Ingredients

Cut **cauliflower florets** into bite-sized pieces. Stem, seed, and cut **red bell pepper** into 1" dice. Trim ends off **green beans**. Set aside ½ tsp. **paprika** and ½ tsp. **cumin** for garnish. Rinse **chicken breasts**, pat dry, and season both sides with a pinch of **salt and pepper**.



Add Hummus and Broil Chicken

Scoop **half the hummus** on each **chicken breast** and spread. Place pan under broiler until chicken is golden brown and reaches a minimum internal temperature of 165 degrees, 2-3 minutes. Remove pan from broiler and rest chicken 3 minutes.



Roast the Vegetables

Place **cauliflower**, **green beans**, and **red bell pepper** on prepared baking sheet. Drizzle with 1 Tbsp. **olive oil** and season with ½ tsp. **salt**, ¼ tsp. **pepper**, remaining **cumin**, and remaining **paprika**. Toss to coat and spread into a single layer. Roast until cauliflower is tender and browned, 12-15 minutes. Remove from oven and turn on broiler. While vegetables roast, sear chicken.



Plate the Dish

Scoop **roasted vegetables** onto plate and place **chicken** up against vegetables. Garnish chicken with reserved **paprika** and **cumin**.



Sear the Chicken

Heat 1 tsp. **olive oil** in a medium oven-safe pan over medium-high heat. Add **chicken** to hot pan and sear undisturbed until golden brown, 3-5 minutes. Flip chicken, reduce heat to medium, and cook 5-6 minutes.