



NUTRITION per serving 19g carbohydrates 27g fat 50g protein 1195mg sodium | calorie-conscious, carb-conscious



Calories
516



Prep & Cook Time
25-35 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

- 1 Cauliflower Head
- 1 Lemon
- 1 Persian Cucumber
- ¼ oz. Parsley
- 2 Boneless Skinless Chicken Breasts
- 1 fl. oz. Mild Harissa Sauce
- 4 oz. Greek Yogurt
- 1 oz. Feta Cheese

CONTAINS: milk

Packaged in a facility that also packages peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

IN YOUR KITCHEN

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

www.homechef.com/4028



Seared Chicken with Tzatziki Sauce

with harissa-roasted cauliflower

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 **450 degrees**
- ❑ Thoroughly rinse produce and pat dry
- ❑ Prepare a baking sheet with foil and cooking spray

WHILE YOU COOK

- ❑ **Heads Up!** Parsley is used twice. A pinch is added to **tzatziki sauce**, most remaining is tossed with **cauliflower**, and another pinch garnishes dish.

FROM THE CHEF

For a finer consistency to the tzatziki, grate cucumber on large holes of grater and squeeze out excess water.

Did you know...

Harissa sauce is a North African mixture of roasted peppers, garlic, and spices.



Prepare the Ingredients

Remove leaves from **cauliflower head**, core, and cut into large bite-sized florets. Halve **lemon** lengthwise. Cut one half into wedges and juice the other half. Trim **cucumber**, slice into thin strips, and finely dice. Stem and mince **parsley**. Pat **chicken breasts** dry, and season both sides with ¼ tsp. **salt** and ¼ tsp. **pepper**.



Roast the Cauliflower

Coat **cauliflower florets** with **harissa**, 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper** in a mixing bowl. Spread into a single layer on prepared baking sheet and roast until tender, 20-22 minutes, stirring once halfway through. While cauliflower roasts, cook chicken.



Cook the Chicken

Place a medium oven-safe pan over medium-high heat. Add 2 tsp. **olive oil** and **chicken** to hot pan. Cook undisturbed until golden-brown, 3-4 minutes. Flip, place pan in oven, and roast until chicken reaches a minimum internal temperature of 165 degrees, 4-7 minutes. While chicken roasts, make tzatziki sauce.



Make the Tzatziki Sauce

In another mixing bowl, stir together **yogurt**, **cucumber**, 1 tsp. **olive oil**, 1 tsp. **lemon juice**, a pinch of **parsley** (reserve remaining for cauliflower), and a pinch of **salt** and **pepper**. Set aside for flavors to marry.



Finish the Cauliflower

Carefully toss cooked **cauliflower** with remaining **parsley** (reserve a pinch for garnish), and **feta cheese**.



Finish the Dish

Plate dish as pictured on front of card, garnishing with reserved **parsley** and **lemon wedges**. Bon appétit!