



Roasted Chicken and Potatoes with Harissa Sauce

Prep Time: 15 min

Cook Time : 50 min

Serves: 4



NUTRITION FACTS, PER SERVING:

694 calories

9.6 g fat

560 mg sodium

INGREDIENTS: **** Items not included in kit**

- 1.5 lbs. Chicken Breast
- 1.5 lbs. potatoes, cut into 1 inch cubes
- 1 red onion, cut into wedges
- 3 garlic cloves, minced
- 3 TB olive oil**
- 1 lemon, zested and juiced
- 2/3 cup feta cheese
- Fresh dill
- (1) 5.3 oz. cup Greek yogurt
- 1 TB Harissa Spicy
- 1 lb. green beans
- Salt & pepper, to taste**

DIRECTIONS:

1. Preheat the oven to 425 degrees.
2. Wash and cut the **potatoes** into 1 inch cubes, you can peel or leave the skin on, your preference. Mince the **garlic cloves**.
3. On a large baking sheet or oven safe casserole dish, toss the cut **potatoes, onion wedges, 3 cloves minced garlic, 2TB olive oil** and a **pinch of salt and pepper**. Toss to combine.
4. Pat the **chicken** dry and place on top of the vegetables. Drizzle remaining **1TB olive oil** over the chicken and season with a **pinch of salt and pepper**.
5. Place pan in oven and cook for 40-50 minutes or until chicken is cooked through and potatoes are tender.
6. To make the **Harissa sauce**, place the **yogurt** and **Harissa** in a bowl and stir to combine.
7. Trim and rinse the **green beans**. Place in a microwave safe bowl and add **3TB water** (enough to cover the bottom of the bowl). Cover with plastic wrap and microwave 4-6 minutes, until desired tenderness. Drain the water and season with a **drizzle of olive oil, lemon zest** and **pinch of salt & pepper**. Toss to combine.
8. Remove the **chicken/potato** pan from oven, drizzle the **juice from 1/2 the lemon** over the pan, then scatter the **feta** and chopped **dill** over the pan.
9. Serve the **Harissa sauce** on the side or dollop on top of the chicken and potatoes.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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Cincinnati Chili and Salad

Prep Time: 15 min

Cook Time: 35 min

Serves: 4

NUTRITION FACTS, PER SERVING:

930 calories

33 g total fat

440 mg sodium



INGREDIENTS: ** Items not included in kit

- 1.5 lbs. ground beef
- 1 1/2 cups diced yellow onions
- 2 garlic cloves, minced
- 1 (15 oz) can tomato sauce
- 2 green onions, thinly sliced
- 2 TB Worcestershire Sauce
- 1 TB white wine vinegar
- 1 lb. spaghetti noodles
- 1/2 cup cheddar cheese shredded
- 2 TB tomato paste
- 1/4 cup sour cream
- Cincinnati Chili Blend (1/2 tsp paprika, 1/2 tsp cumin, 1/2 tsp coriander, 1/2 tsp oregano, 1/8 tsp cayenne pepper & 1/4 tsp ground cinnamon)
- Salad Greens
- 1 cucumber, sliced
- 1/2 cup shredded carrots
- Favorite salad dressing**
- Olive oil and Salt & Pepper**

DIRECTIONS:

1. Heat a large pot of salted water to boiling on high. Wash and dry fresh produce. Peel and mince the **2 garlic cloves**. Cut off and discard the root ends and 1 inch top of the **green onions**; thinly slice. Slice **cucumber**. Set aside.
2. In a large skillet heat a drizzle of **olive oil** on medium high heat. Add the **diced onions**. Season with **salt** and **pepper**, to taste. Cook for 3-4 minutes. Add the **minced garlic**, cook for 2 minutes, stirring frequently. Add the **ground beef** and **Cincinnati Chili Blend**. Cook stirring frequently breaking the meat apart, about 6 minutes or until browned. Add **2 TB tomato paste** to the pan. If it seems dry, add a splash of water. Cook stirring frequently for 2 minutes. Add the **can of tomato sauce** and **1/2 cup of water**. Cook stirring occasionally for about 7 minutes or until the chili is thickened to desired consistency. Turn off the heat and stir in **Worcestershire sauce** and **white wine vinegar**.
3. Add the **spaghetti noodles** to the boiling water and cook stirring occasionally per package directions for al dente. Turn off the heat. Drain noodles thoroughly and return to the pot. Add the **sour cream** and a drizzle of **olive oil** to the noodles and stir to coat well.
4. Serve the chili over the cooked spaghetti and garnish with **shredded cheese** and **sliced green onions**.
5. Toss the **salad greens**, **sliced cucumber**, and **shredded carrots** with your favorite salad dressing.

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