



Smart Honey-Lemon and Dill Chicken

with Roasted Sweet Potatoes and Feta

Carb Smart


Calorie Smart

30 Minutes



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-  Chicken Tenders
-  Spring Mix
-  Sweet Potato
-  Shallot
-  Lemon
-  Dill
-  Feta Cheese, crumbled
-  Almonds, sliced
-  Honey
-  Dijon Mustard

HELLO DILL

This delicate herb comes from the same family as parsley and celery!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Baking sheet, medium bowl, medium non-stick pan, measuring spoons, zester, large bowl, parchment paper, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders*	310 g	620 g
Spring Mix	113 g	227 g
Sweet Potato	170 g	340 g
Shallot	50 g	100 g
Lemon	1	2
Dill	7 g	7 g
Feta Cheese, crumbled	¼ cup	½ cup
Almonds, sliced	28 g	28 g
Honey	1 tbsp	2 tbsp
Dijon Mustard	1 ½ tsp	3 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



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Roast sweet potatoes

- Cut **sweet potato** into ½-inch pieces.
- Add **sweet potatoes** and ½ **tbsp** (1 tbsp) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, stirring halfway through, until tender and golden-brown, 18-20 min.



Make dressing

- Add **shallots**, **Dijon**, **half the honey**, **half the dill**, **1 ½ tbsp** (3 tbsp) **lemon juice** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then stir to combine.



Toast almonds

- Meanwhile, heat a medium non-stick pan over medium-high heat.
- When hot, add **almonds** to the dry pan. Toast, stirring often, until golden, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!)
- Transfer to a plate.



Prep and cook chicken

- Reheat the same pan over medium.
- While the pan heats, pat **chicken** dry with paper towels, then add to a medium bowl.
- Add **lemon zest**, **remaining honey** and ½ **tbsp** (1 tbsp) **oil**. Season with **salt** and **pepper**, then toss to coat **chicken**.
- When the pan is hot, add ½ **tbsp** (1 tbsp) **oil**, then **chicken**. Sear until evenly browned and cooked through, 2-3 min per side.**



Prep

- Peel, then finely chop **shallot**.
- Finely chop **dill**.
- Zest, then juice **lemon**.



Finish and serve

- Allow **sweet potatoes** to cool for 3-4 minutes once out of the oven.
- Add **sweet potatoes**, **spring mix** and **half the almonds** to the bowl with **dressing**. Toss to combine.
- Divide **salad** and **chicken** between plates.
- Drizzle **any remaining dressing** over **chicken**.
- Sprinkle **feta**, **remaining almonds** and **remaining dill** over top.

Dinner Solved!