

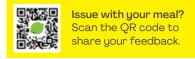
Smart Honey-Lemon and Dill Chicken

with Roasted Sweet Potatoes and Feta

Carb Smart

Calorie Smart

30 Minutes











Chicken Tenders



Sweet Potato







Lemon





Feta Cheese,

crumbled

Almonds, sliced





Honey



Dijon Mustard

Start here

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

Measurements 1 tbsp (2 tbsp) oil within steps Ingredient

Bust out

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

Ingredients

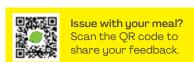
	2 Person	4 Person
Chicken Tenders •	310 g	620 g
Spring Mix	113 g	227 g
Sweet Potato	170 g	340 g
Shallot	50 g	100 g
Lemon	1	2
Dill	7 g	7 g
Feta Cheese, crumbled	1/4 cup	½ cup
Almonds, sliced	28 g	28 g
Honey	1 tbsp	2 tbsp
Dijon Mustard	1 ½ tsp	3 tsp
Oil*		
Salt and Pepper*		

- * 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.





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 goldenbrown, 18-20 min.



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

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



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.



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 1/2 tbsp (1 tbsp) oil. Season with salt and pepper, then toss to coat chicken.
- When the pan is hot, add 1/2 tbsp (1 tbsp) oil, then chicken. Sear until evenly browned and cooked through, 2-3 min per side.**



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!