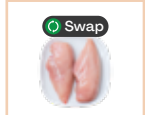




Sheet Pan Spiced Chicken Bowls

with Lemony Roasted Potatoes

30 Minutes



Chicken Breasts ⁺
2 | 4

↗ Custom Recipe + Add ↻ Swap or ✖2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Chicken Tenders ⁺
340 g | 680 g



Shawarma Spice Blend
1 tbsp | 2 tbsp



Garlic Puree
1 tbsp | 2 tbsp



Yellow Potato
350 g | 700 g



Mayonnaise
4 tbsp | 8 tbsp



Sweet Bell Pepper
1 | 2



Tomato
1 | 2



Lemon
1 | 2



Garlic Salt
1 tsp | 2 tsp



Yellow Onion
1 | 2

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.

Pantry items | Oil*, salt*, pepper*, sugar*

Cooking utensils | 2 Baking sheets, medium bowl, measuring spoons, zester, small bowl, whisk, paper towels

1



Roast potatoes

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

- Zest, then juice **lemon**.
- Cut **potatoes** into 1-inch pieces.
- Add **potatoes, lemon zest, half the garlic salt** and **1 tbsp oil** to an unlined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.)
- Season with **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 20-22 min. (**NOTE:** For 4 ppl, roast in the top and middle of the oven, rotating sheets halfway through.)

2



Prep

🔄 Swap | Chicken Breasts

- Meanwhile, cut **tomato** into ¼-inch pieces.
- Core, then cut **pepper** into ½-inch slices.
- Halve, peel, then cut **onion** into ¼-inch slices.
- Pat **chicken** dry with paper towels.
- Season with **Shawarma Spice Blend** and **remaining garlic salt**.

3



Bake veggies and chicken

- Add **onions, peppers, ½ tbsp** (1 tbsp) **oil** and **half the garlic puree** to one side of another unlined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Add **chicken** to the other side of the baking sheet with **veggies**. Drizzle **½ tbsp** (1 tbsp) **oil** over **chicken**.
- Roast in the **bottom** of the oven, until **veggies** are tender and **chicken** is cooked through, 8-12 min. **

4



Make garlic sauce

- Meanwhile, add **mayo, ½ tbsp** (1 tbsp) **lemon juice** and **remaining garlic puree** to a small bowl.
- Season with **salt** and **pepper**, then stir to combine.

5



Dress tomatoes

- Whisk together **½ tbsp** (1 tbsp) **lemon juice**, **½ tbsp** (1 tbsp) **oil** and **¼ tsp** (½ tsp) **sugar** in a medium bowl.
- Add **tomatoes**. Season with **salt** and **pepper**, then stir to combine.

6



Finish and serve

- Divide **potatoes** and **veggies** between bowls.
- Top with **chicken** and **tomatoes**.
- Drizzle **garlic sauce** over top.

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

2 | Prep

🔄 Swap | Chicken Breasts

If you've opted to get **chicken breasts**, cut them into 1-inch wide strips, then prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken tenders**.

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

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



Issue with your meal? Scan the QR code to share your feedback.