

Sheet Pan Harissa Chicken & Potatoes

One pan. One easy meal. Tons of smoky and mild flavors. Harissa is a North African chili pepper pasta that adds zesty and aromatic flavors to any dish. In this dish, I combine it with chicken and bake alongside potatoes and onion for a balanced, easy meal.

Ingredients:

Harissa Paste

2 cloves	Garlic, minced
1 tsp	Salt
¼ cup	Olive oil
2 tsp	Cumin
2 tsp	Smoked paprika
1 ½ tsp	Chili powder
¼ tsp	Chipotle powder
½ tsp	Caraway seeds
1 tsp	Vinegar

Base Ingredients

1 medium	Sweet potato, diced (about ½ inch)
1 medium	Yellow potato, diced (about ½ inch)
1 large	Red onion, sliced
1 lb	Boneless skinless chicken breast (cut in thin 4-8 oz fillets)

Directions:

1. Preheat oven to 425 degrees F. Line baking sheet with parchment paper and grease with cooking spray.
2. Mix together the Harissa paste ingredients in a small bowl. Place half in a medium bowl.
3. Prep the potatoes. Toss the diced potatoes in the medium bowl with half the Harissa paste. Evenly coat the potatoes. Place on the prepared baking sheet to a far side and in a single layer.
4. Cut onion into slices and place in a single layer next to the potatoes.
5. Rub remaining seasoning on all sides of the chicken breast fillets. Place on baking sheet next to the onion.
6. TIP: do not overlap ingredients or make two layers. Use another baking sheet if needed.
7. Cook for 20 minutes. Remove from the oven to flip the chicken + potatoes with a spatula.
8. Return to the oven to cook for another 10-15 minutes or until the veggies are lightly charred and crisp and chicken reaches an internal temperature of 165 degrees F.

Nutrition Facts:

Servings: 4 servings

Serving size: 4 oz chicken fillet + ¼ potatoes and onions

Sheet Pan Harissa Chicken & Potatoes		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
Calories	309.7 kcal	15 %
Total Fat	16.5 g	25 %
Saturated Fat	2.4 g	12 %
Trans Fat	0 g	
Cholesterol	65 mg	22 %
Sodium	309.1 mg	13 %
Total Carbohydrate	18.1 g	6 %
Dietary Fiber	2.6 g	10 %
Sugars	3.3 g	
Protein	25.1 g	50 %
Vitamin A	106 % • Vitamin C	18 %
Calcium	4 % • Iron	13 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Full info at cronometer.com </>