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 + ⅛ potatoes and onions