



## Roasted Chicken and Potatoes with Harissa Sauce

Prep Time: 15 min  
Cook Time : 35 min  
Serves: 4

### NUTRITION FACTS, PER SERVING:

694 calories  
9.6 g fat  
560 mg sodium



### INGREDIENTS: **\*\* Items not included in kit**

- 1.5 lbs. Chicken Breast
- 1.5 lbs. potatoes
- 1 red onions, cut into wedges
- 3 garlic cloves
- 3 TB olive oil\*\*
- 1 lemon, zested and juiced
- 2/3 cup feta cheese
- 2/3 cup fresh dill
- 1/2 cup Greek yogurt
- 1 TB Harissa
- 1 lb. green beans
- Salt & pepper, to taste\*\*

### DIRECTIONS:

1. Preheat the oven to 425 degrees.
2. Wash and cut the **potatoes** into 1.5 inch cubes, you can peel or leave the skin on, your preference. Mince the **garlic cloves**.
3. On a large baking sheet or oven safe casserole dish, toss the cut **potatoes, onions, minced garlic, 2TB olive oil** and a **pinch of salt and pepper**. Toss everything around with your hands to combine.
4. Pat the **chicken** dry and place on top of the **potatoes and onions**. Drizzle remaining **1TB olive oil** over the chicken and season with a **pinch of salt and pepper**.
5. Place pan in oven and cook for 30-40 minutes or until chicken is cooked through and potatoes are tender.
6. To make the **Harissa sauce**, place the **yogurt** and **Harissa** in a bowl and stir to combine.
7. Trim and rinse the **green beans**. Place in a microwave safe bowl and add **3TB water** (enough to cover the bottom of the bowl). Cover with plastic wrap and microwave 4-6 minutes, until desired tenderness. Drain the water and season with a **drizzle of olive oil, lemon zest** and **pinch of salt & pepper**. Toss to combine.
8. Remove the **chicken/potato** pan from oven, drizzle the **juice from 1/2 the lemon** over the pan, then scatter the **feta** and chopped **dill** over the pan.
9. Serve the **Harissa sauce** on the side or dollop on top of the chicken and potatoes.

*Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.*

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## Taco Quiche

Prep Time: 30 min  
Cook Time : 45 min  
Serves: 8

### NUTRITION FACTS, PER SERVING:

416 calories  
15.4 g fat  
362 mg sodium



### INGREDIENTS: **\*\* Items not included in kit**

- 1 ready bake pie shell
- 1 TB olive oil\*\*
- 1/4 cup onion, diced
- 1 clove garlic, minced
- 1 lb. lean ground beef
- 1 1/2 tsp chili powder
- 1/2 tsp oregano
- 1/8 tsp cayenne
- 1 TB Ketchup
- 1 tsp hot sauce, or to taste
- 3 eggs
- 1 1/2 cups half & half
- 2 TB canned diced green chilies, measure out
- 2 1/2 cups shredded cheddar cheese blend
- Salt & pepper, to taste

#### Avocado Salsa:

- 1 avocado, diced
- 1 TB lime juice
- 1 garlic clove, minced
- 2 green onions, thinly sliced
- 1 tomato, chopped

### DIRECTIONS:

1. Preheat the oven to 400 degrees. Place **pie shell** on baking pan and bake for 7 minutes.
2. Heat **1TB oil** in a pan. Add **onion** and **1 clove of minced garlic** and sauté over medium heat for 2-3 minutes. Add **ground beef, chili powder, oregano, cayenne, ketchup,** and **hot sauce** (to taste) to the pan. Raise heat to medium high and continue to stir until meat is browned. Drain fat from pan if needed.
3. Spoon the **beef mixture** into the **pie shell**.
4. In a large bowl, beat the **eggs**. To the beaten eggs add **1.5 cups half & half, 2 TB diced green chilies, shredded cheese,** and a pinch of **salt & pepper**. Stir to combine. Pour mixture over the beef.
5. Bake at 400 degrees for 40-45 minutes until the center is set and a knife comes out clean. Let rest 10 minutes before cutting and serving with the avocado salsa.
6. To make the **Avocado Salsa**: Cut the **avocado** in half, remove the pit and scoop out the flesh. Dice the **avocado**, chop the **tomato**, mince the remaining **1 clove of garlic**, and thinly slice the **green onions**. Combine in a large bowl, add the **lime juice** and season with a pinch of **salt & pepper**. Serve on top of the sliced quiche.

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