



### Product Spotlight: Lime

When zesting lemons, limes or oranges, only remove the brightly coloured flesh of the peel. Avoid the white part, or pith, directly underneath the peel; this is quite bitter.



# Harissa Chicken Chops

## with Garlic Sauce

Free-range chicken chops in fragrant harissa paste, roasted with baby potatoes and cherry tomatoes, finished with a cooling lime and garlic sauce and fresh mint.



40 minutes



2 servings



Chicken

## Bulk it up!

*Add extra veggies such as zucchini, red onion or chickpeas to the roasting tray to bulk up this dish.*

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
|            | 36g     | 22g       | 37g           |

## FROM YOUR BOX

|                 |          |
|-----------------|----------|
| BABY POTATOES   | 500g     |
| CHERRY TOMATOES | 200g     |
| CHICKEN CHOPS   | 4-pack   |
| HARISSA PASTE   | 1 sachet |
| LIME            | 1        |
| GARLIC CLOVE    | 1        |
| SOUR CREAM      | 1 tub    |
| MINT            | 1 packet |

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

## KEY UTENSILS

oven tray

## NOTES

Slashing the chicken helps to get more flavour into the meat and reduces roasting time.



### 1. PREPARE THE VEGETABLES

Set oven to 220°C.

Slice **potatoes**. Toss on a lined oven tray with **cherry tomatoes, oil, salt and pepper**.



### 2. ADD CHICKEN AND ROAST

Slash **chicken** in 3-4 places (see notes). Coat with **harissa paste, salt and pepper**. Add to oven tray and roast for 25-30 minutes until **chicken** is cooked through and **potatoes** are tender.



### 3. MAKE THE GARLIC SAUCE

**Zest lime** and **juice 1/2** (wedge remaining). Crush **garlic**. Add to a bowl with **sour cream, 1 tbsp olive oil, salt and pepper**. Mix to combine.



### 4. FINISH AND SERVE

Serve traybake at the table with **garlic sauce** and **lime wedges**. Garnish with **mint leaves**.



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