



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



4/6 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
4/6 Person:	36g	22g	34g

FROM YOUR BOX

	4 PERSON	6 PERSON
BABY POTATOES	1kg	1.5kg
CHERRY TOMATOES	2 x 200g	3 x 200g
CHICKEN CHOPS	2 x 4-pack	3 x 4-pack
HARISSA PASTE	1 sachet	2 sachets
LIME	1	2
GARLIC CLOVE	1	1
SOUR CREAM	1 tub	2 tubs
MINT	1 packet	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 along 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.

6P - zest and juice 1 lime (wedge remaining lime). Combine with crushed garlic cloves, sour cream, 1 tbsp olive oil, salt and pepper.



4. FINISH AND SERVE

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



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