



# DUKKAH-CRUSTED CHICKEN

with Sweet Potatoes and Snap Peas



## HELLO DUKKAH

That's DOO-kah, an addictive Egyptian seasoning with both spice and crunch

PREP: 15 MIN | TOTAL: 35 MIN | CALORIES: 510



Chicken  
Breasts



Dukkah  
(Contains: Tree Nuts)



Limes



Sweet  
Potatoes



Sour Cream  
(Contains: Milk)



Snap Peas

## START STRONG

If your snap peas have any bits of stem still attached, make sure to remove them before cooking. You can trim them with a small knife, or just snap them off with your fingers.

## BUST OUT

- Peeler
- 2 Baking sheets
- Zester
- Small bowl
- Large pan
- Olive oil (2 TBSP)

## INGREDIENTS

Ingredient 4-person

- |                   |        |
|-------------------|--------|
| • Sweet Potatoes  | 2      |
| • Dukkah          | 2 TBSP |
| • Limes           | 2      |
| • Sour Cream      | ½ Cup  |
| • Chicken Breasts | 24 oz  |
| • Snap Peas       | 12 oz  |

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## 1 PREHEAT OVEN AND ROAST SWEET POTATOES

**Wash and dry all produce.** Preheat oven to 400 degrees. Peel and cut **sweet potatoes** into ½-inch cubes. Toss on a baking sheet with half the **dukkah**, a large drizzle of **olive oil**, and a pinch of **salt** and **pepper**. Roast in oven until sweet potatoes are tender and dukkah is golden brown, 20-25 minutes, tossing halfway through.



## 4 COOK CHICKEN

Heat a large drizzle of **olive oil** in a large pan over medium-high heat. Add **chicken** and sear until **dukkah** is lightly browned but not burnt, 3-4 minutes per side. Remove from pan and transfer to a baking sheet. Roast in oven until no longer pink, 5-7 minutes. Set aside to rest.



## 2 MAKE CITRUS CREMA

Zest and halve **lime**. In a small bowl, mix **sour cream**, a pinch of **lime zest**, and a squeeze of **lime juice**. Season with **salt** and **pepper**. Stir in **1 tsp water** to thin. **TIP:** Add a splash more water if crema still seems thick—it should have a drizzly, saucy consistency.



## 5 COOK SNAP PEAS

While **chicken** roasts, heat another large drizzle of **olive oil** in same pan over medium heat. Add **snap peas** and toss until tender and lightly browned, 4-5 minutes. Season with **salt** and **pepper**.



## 3 SEASON CHICKEN

Season **chicken breasts** all over with **salt**, **pepper**, and remaining **dukkah**.



## 6 PLATE AND SERVE

Divide **sweet potatoes** between plates, then top with **chicken** and **snap peas**. Drizzle with **citrus crema** and serve.



## CRUNCH TIME!

Love dukkah? It's also great sprinkled on veggies and dips.