



DO THE DUKKAH CHICKEN

with Sweet Potatoes and Snap Peas

1



HELLO DUKKAH

That's DOO-kah, an addictive Egyptian seasoning with almonds, sesame, and spices



Chicken
Breasts



Dukkah
(Contains: Tree Nuts)



Sour Cream
(Contains: Milk)



Sweet Potato



Lime



Snap Peas

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 510

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

- Baking sheet
- Zester
- Small bowl
- Plastic wrap
- Large pan
- Olive oil (1 TBSP | 2 TBSP)

INGREDIENTS

Ingredient 2-person | 4-person

• Sweet Potato	1 2
• Dukkah	1 TBSP 2 TBSP
• Lime	1 2
• Sour Cream	4 TBSP 8 TBSP
• Chicken Breasts	12 oz 24 oz
• Snap Peas	6 oz 12 oz

1 PREHEAT OVEN AND ROAST SWEET POTATO

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



4 SEAR CHICKEN

Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add **chicken** and cook until no longer pink in center and **dukkah** is browned but not burnt, 3-4 minutes per side. Remove from pan and set aside to rest.

2 MAKE CITRUS CREMA

Zest and halve **lime**. Mix **sour cream**, a pinch of **lime zest**, and a squeeze of **lime juice** in a small bowl. 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.



3 BUTTERFLY CHICKEN

With your hand on top of one **chicken breast**, cut ¾ of the way through, parallel to the cutting board, stopping before you slice it completely. Open up chicken like a book, cover with plastic wrap, and pound with a mallet or heavy pan until ½ inch thick. Repeat with other breast. Season all over with **salt**, **pepper**, and remaining **dukkah**.



5 COOK SNAP PEAS

Heat another 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**.



6 PLATE AND SERVE

Divide **sweet potato** 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.

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