



Roast Harissa Chicken with Sweet Potato & Peppers

Here's a quick and flavourful meal that will fill your home with deliciousness. The best thing is, it only takes 10-15 minutes of prep before going into the oven to bake. Earthy, smoky and just a little bit spicy, the chicken pairs beautifully with the roasted sweet potatoes. Hailing from North Africa, harissa paste adds flavor to just about anything!

Ingredients

- Chicken Supreme
- Sweet Potato
- Yellow Pepper
- Harissa Paste
- Red Onion

Your Pantry

- Olive Oil
- Salt & Pepper
- Tin Foil

Nutritional Info

Calories: 510 kcal
Carbohydrates: 61 g
Protein: 51 g
Fat: 5 g

Allergens


None

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) Preheat the oven to 180°C

2) Prepare the vegetables

Peel and slice the onion into medium slices. Wash the sweet potato and then cut into cubes about half the size of your thumb. Remove the core from the pepper and dice it into cubes.

Toss all the vegetables in a little olive oil and set aside.

3) Flavour the chicken

Coat the chicken in the harissa paste.

4) Roast the chicken & vegetables

Cover an oven tray with tin foil for easy clean up. Lay the chopped vegetables on the bottom of the tray and place the harissa chicken on top. Season with salt and pepper. Roast in the oven for approximately 25 minutes, or until the juices run clear when pierced with a knife.

5) Plate the dish

Allow the chicken to rest for 5 minutes before serving. Enjoy!



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