

# Sheet Pan Tandoori-Style Chicken

with Cucumber-Yogurt Sauce & Roasted Vegetables

4 SERVINGS

⌚ 30-40 MINS


 **Blue Apron**  
blueapron.com





## Ingredients

 4 Boneless, Skinless Chicken Breasts

 ½ lb Red Cabbage

 ¼ cup Labneh Cheese


 1 Tbsp Vegetarian Ponzu Sauce


 4 pieces Naan Bread

 1 Lime

 ½ cup Tzatziki<sup>1</sup>

 2 Poblano Peppers

 ¼ cup Savory Tomato Chutney

 1 ½ Tbsps Golden Raisins



Serve with Blue Apron wine that has this symbol  
[blueapron.com/wine](https://blueapron.com/wine)



13 10 10

SmartPoints® value per serving  
(as packaged)



Scan this barcode  
in your WW app to  
track SmartPoints.

Wine is not included in SmartPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

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1. cucumber-yogurt sauce



## 1 Marinate the chicken

- Preheat the oven to 450°F.
- In a large bowl, combine the **tomato chutney** and **labneh**. Season with salt and pepper.
- Pat the **chicken** dry with paper towels. Season with salt and pepper on both sides.
- Transfer the seasoned chicken to the bowl of **marinade**; turn to coat.
- Set aside to marinate, turning occasionally, at least 10 minutes.



## 2 Prepare the remaining ingredients

- Meanwhile, wash and dry the fresh produce.
- Cut out and discard the core of the **cabbage**; medium dice the leaves.
- Using a zester or the small side of a box grater, zest the **lime** to get 1 teaspoon. Halve the lime crosswise.
- Cut off and discard the stem ends of the **peppers**; halve lengthwise. Remove the ribs and seeds, then medium dice. Thoroughly wash your hands immediately after handling.



For easier cleanup, line your sheet pans with foil or parchment paper.

## 3 Roast the chicken

- Letting any excess marinade drip off, carefully transfer the **marinated chicken** to the sheet pan.
- Roast 19 to 21 minutes, or until browned and cooked through.\*
- Remove from the oven.



## 4 Roast the vegetables

- Meanwhile, transfer the **diced cabbage** and **diced peppers** to a separate sheet pan. Drizzle with **1 tablespoon of olive oil** and season with salt and pepper. Toss to coat. Arrange in an even layer.
- Roast 17 to 19 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



## 5 Warm the naan

- Meanwhile, if you prefer to use a microwave, wrap the **naan** in a damp paper towel and microwave on high 1 minute, or until heated through.
- If you prefer to use the oven, wrap the **naan** in foil and place directly onto an oven rack; warm 7 to 9 minutes, or until heated through.
- Remove from the oven and carefully unwrap.



## 6 Dress the vegetables & serve your dish

- In a large bowl, combine the **ponzu sauce**, **raisins**, **lime zest**, the **juice of both lime halves**, and **1 tablespoon of olive oil**.
- Transfer the **roasted vegetables** to the bowl of **dressing**; season with salt and pepper. Stir to coat.
- Serve the **roasted chicken** with the **dressed vegetables** and **warmed naan** on the side. Top the chicken with the **tzatziki**. Enjoy!



\*An instant-read thermometer should register 165°F.