

Tahini Chicken & Roasted Sweet Potato

with Kale & Pickled Peppers

2 SERVINGS

30-40 MINS

 **Blue Apron**
blueapron.com



Ingredients



2 Boneless, Skinless Chicken Breasts



1 bunch Kale



1 Tbsp Soy Sauce



1 Tbsp Weeknight Hero Spice Blend¹



½ lb Sweet Potato



2 cloves Garlic



2 Tbsps Mayonnaise



1 Lemon



2 Tbsps Tahini



½ oz Sweet Pickled Peppers



Serve with Blue Apron wine that has this symbol
blueapron.com/wine



14 11 8

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.

To learn more about WW and SmartPoints visit www.ww.com. The WW logo, SmartPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

1. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley

1 Prepare the ingredients & make the dressing

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Medium dice the **sweet potato**.
- Peel **2 cloves of garlic**. Roughly chop one clove. Using a zester or the small side of a box grater, finely grate the remaining clove into a paste.
- Separate the **kale** leaves from the stems; discard the stems, then roughly chop the leaves.
- Quarter and deseed the **lemon**.
- In a bowl, whisk together the **tahini, mayonnaise, soy sauce, the juice of 2 lemon wedges, 2 teaspoons of water, and as much of the garlic paste as you'd like**. Taste, then season with salt and pepper if desired.



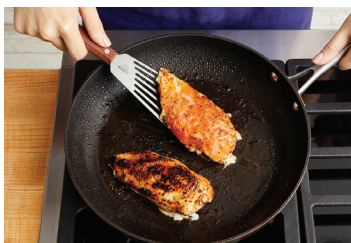
2 Roast the sweet potato

- Place the **diced sweet potato** on a sheet pan.
- Drizzle with **2 teaspoons of olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 19 to 21 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



3 Cook the chicken

- Meanwhile, pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and enough of the **spice blend** to coat (you may have extra).
- In a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the seasoned chicken. Cook 6 to 7 minutes per side, or until browned and cooked through.*
- Leaving any browned bits (or fond) in the pan, transfer to a cutting board.



4 Cook the kale

- In the pan of reserved fond, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **chopped garlic**. Cook, stirring constantly, 30 seconds to 1 minute, or until slightly softened.
- Add the **chopped kale**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly wilted.
- Add **¼ cup of water** (carefully, as the liquid may splatter) and **the juice of the remaining lemon wedges**. Cook, stirring occasionally and scraping up any fond, 2 to 3 minutes, or until the kale is wilted and the liquid has cooked off.
- Transfer to a large bowl.



5 Finish & serve your dish

- To the bowl of **cooked kale**, add the **roasted sweet potato** and **peppers**. Season with salt and pepper; toss to combine.
- Slice the **cooked chicken** crosswise.
- Serve the **finished vegetables** topped with the **sliced chicken** and **dressing**. Enjoy!



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