



# One Pan Harissa Chicken & Veggies

SERVINGS: 4

PREPPING TIME: 15 MINS

COOKING TIME: 20-25 MINS

## INGREDIENTS

- 1 lb. boneless, skinless chicken breasts, cut into bite-sized pieces
- 1 can (15 oz) chickpeas, drained and rinsed
- 1 small head of cauliflower, cut into florets
- 1 red bell pepper, cut into strips
- 1 yellow bell pepper, cut into strips
- 1 red onion, sliced
- 1 small lemon, sliced
- 2 tbsp. olive oil
- 1/2 tsp. salt and pepper, to taste
- Fresh cilantro or parsley, chopped for garnish

### Harissa Sauce:

- 1-2 tbsp. harissa paste (adjust to taste for spice level)
- 2 tbsp. olive oil
- 1 tbsp. honey or maple syrup
- 1 tbsp. lemon juice
- 2 cloves garlic, minced
- 1 tsp. ground cumin
- 1 tsp. smoked paprika

## DIRECTIONS

1. Preheat your oven to 400°F (200°C) and line a large baking sheet with parchment paper.
2. In a small bowl, whisk together the harissa paste, olive oil, honey (or maple syrup), lemon juice, minced garlic, ground cumin, smoked paprika, salt, and pepper until well combined.
3. In a large bowl, combine the chicken pieces, drained chickpeas, cauliflower florets, bell pepper strips, sliced red onion and lemon slices. Drizzle with olive oil and season with salt and pepper. Toss until everything is evenly coated.
4. Pour the prepared harissa sauce over the chicken and vegetable mixture. Toss well to ensure everything is coated evenly with the sauce. Spread the chicken, chickpeas, cauliflower, and vegetables in a single layer on the lined baking sheet.
5. Place the baking sheet in the preheated oven and bake for 20-25 minutes, or until the chicken is cooked through (internal temperature of 165°F or 74°C), the vegetables are tender, and cauliflower is lightly browned.
6. Remove from the oven and garnish with chopped fresh cilantro or parsley. Remove the lemon wedges before serving. Serve hot, optionally with a side of quinoa, couscous, salad or whole grain bread.

## NUTRITION

Serving size: 2 cups  
 (per serving) 460 calories, 20g fat, 3.5g saturated fat, 135mg cholesterol, 320mg sodium, 29g carbohydrate, 7g fiber, 11g sugar, 44g protein