

Harissa-Honey Chicken with Sheet-Pan Vegetables

Mediterranean-style, sheet-pan version

Serves 2

Ingredients

- 1 T Simply Organic Harissa Seasoning
- 2 T tomato paste
- 2 T honey
- 1 T lemon juice (about ½ lemon)
- 1½ T extra-virgin olive oil, divided
- ¼ tsp red chili flakes (adjust to taste)
- ½ tsp ground coriander (dry)
- ¼ tsp smoked paprika
- 2 garlic cloves, finely minced
- 400 g boneless, skinless chicken thighs (2–3 Japanese-size pieces)
- ¾ tsp kosher salt (or to taste)
- Freshly ground black pepper



Vegetables (choose 2–3, total about 300 g)

- 150 g bell pepper, cut into wide strips
- 120 g zucchini, cut into thick half-moons
- 80 g red onion, cut into wedges
- Optional alternatives: broccoli florets, cauliflower, kabocha squash

Instructions

1. Make the marinade:

- In a medium bowl, combine the **harissa seasoning, tomato paste, honey, lemon juice, 1 T olive oil, chili flakes, coriander, smoked paprika, and garlic.**
- Stir until smooth and glossy.

2. Season and marinate the chicken:

- Pat the **chicken** dry and season lightly with **salt** and **black pepper.**
- Add to the marinade and turn to coat thoroughly.
- Let stand at **room temperature for 20–30 minutes, or refrigerate up to overnight.**

3. Prepare the vegetables:

- Place the **vegetables** on a rimmed sheet pan.
- Toss with the remaining ½ T **olive oil** and a small pinch of **salt.**
- Spread in a single layer, leaving space for the chicken.

4. Preheat oven:

- Heat oven to **200°C.**

5. Roast:

- Arrange the marinated chicken on the sheet pan among the vegetables.
- Spoon any remaining marinade over the chicken (avoid heavy pooling on vegetables).

- **Roast for 30–35 minutes**, turning the vegetables once halfway through.

6. Finish and serve:

- Remove from oven and **rest 5 minutes**.
- Spoon pan juices over the chicken and vegetables.

Notes

- Vegetables with higher moisture (zucchini, peppers) caramelize best when cut large.
- Kabocha or cauliflower may need 5 extra minutes; cut slightly smaller if using.
- For deeper browning, move the pan to the upper rack for the final 5 minutes.

Nutrition (approx.)

Total dish: Kcal: 810 | Protein: 48 g | Fat: 33 g | Sat. Fat: 7 g | Carbs: 74 g |
Sugars: 41 g | Fiber: 7 g | Sodium: 1500 mg

**Per serving: Kcal: 405 | Protein: 24 g | Fat: 17 g | Sat. Fat: 4 g | Carbs: 37 g |
Sugars: 20 g | Fiber: 4 g | Sodium: 750 mg**