



#MakeItGAP

RECIPES

SHEET PAN HARISSA CHICKEN DINNER

YIELD: 4 Servings

INGREDIENTS:

2 Tbsp. harissa sauce, *divided*
4 (5 oz.) bone-in chicken thighs
8 oz. multicolored carrots, *peeled, halved lengthwise and crosswise*
8 oz. cauliflower florets
8 oz. baby potatoes, *halved*
2 Tbsp. olive oil
1/2 tsp. kosher salt
1/4 tsp. ground black pepper
2 Tbsp. chopped fresh parsley
2 cloves garlic, *minced*
1/2 tsp. grated orange zest

PREPARATION:

Preheat oven to 375°F.

Spoon 1 teaspoon harissa sauce under the skin of each thigh, then transfer to an aluminum foil-lined 10x15-inch baking pan. Spread carrots, cauliflower, and potatoes onto the pan. Drizzle evenly with oil, then sprinkle with salt and pepper.

Roast, uncovered, in the preheated oven until an instant-read thermometer inserted in thickest parts of chicken registers 175°F, 40 to 55 minutes. Stir vegetables once halfway through.

Stir together parsley, garlic, and zest in a small bowl.

Toss vegetables with remaining 2 teaspoons harissa sauce. Sprinkle with parsley mixture.

Recipe adapted from allrecipes.com