

LUNCH / HIGH PROTEIN



Za'atar Chicken with Sweet Potato Chickpea Salad

Tender za'atar chicken served with baked sweet potato and a fresh cucumber, tomato, olive, and chickpea salad.

1 hr 5 min

2 servings

Lunch

high-protein

meal-prep

562

Calories / serving

48g

Protein / serving

54g

Carbs / serving

17g

Fat / serving



Ingredients

- 2 sweet potatoes, about 5 inches long each (260 g)
- 12 oz skinless chicken breast (thinly sliced) (336 g)
- 1½ tbsp olive oil (divided) (21 g)
- 2 tsp za'atar seasoning (8 g)
- 1 medium cucumber, chopped (201 g)
- 3 tbsp kalamata olives, halved (42 g)
- 8 cherry tomatoes (sliced or quartered) (136 g)
- 4 tbsp chopped red onion (20 g)
- 1/2 cup chickpeas (canned and drained) (125 g)
- 1/4 cup parsley, chopped (15 g)
- 1 tbsp lemon juice (14 g)

Method

- 1 Preheat oven to 375 degrees F (190 degrees C).
- 2 Pierce the sweet potatoes with a knife and place them on a baking sheet. Bake for approximately 50 minutes until easily pierced with a fork to the middle.
- 3 In the meantime, pound the chicken breast with a meat mallet to tenderize. Coat with 1/3 of the olive oil and season with the za'atar seasoning.
- 4 Place chicken on an oven safe rack and bake in the oven for 20-25 minutes until cooked through. Confirm the poultry reaches 165°F (74°C) as measured with a food thermometer. Place the chicken in the oven near the end of the sweet potato bake so both finish together.
- 5 In a medium bowl toss together the chopped cucumber, halved kalamata olives, chopped red onion, cherry tomatoes, chickpeas, chopped parsley, lemon juice, and remaining olive oil. Option to add a dash of salt.
- 6 Serve baked chicken with a sweet potato and cucumber salad.

RENEE'S NOTE

"For the cleanest slices, let the chicken rest for a few minutes after baking before cutting into it. Keep refrigerated at 40°F (4°C) or below. For transport, use an insulated bag with at least two cold sources, and discard food left at room temperature for more than 2 hours, or 1 hour above 90°F (32°C)."

RENEE'S TWEAK

Pat the chicken dry before coating it with olive oil and za'atar so the seasoning adheres evenly during baking.