

# Chicken & Millet Bowls

## What's Inside:



2 (4 OZ)  
CHICKEN  
BREASTS



3/4 CUP  
MILLET



1  
SWEET  
POTATO



4 OZ  
GRAPE  
TOMATOES



2 OZ  
KALAMATA  
OLIVES



1  
LEMON



1/2 CUP  
GREEK  
YOGURT



1/3 CUP  
FETA  
CHEESE



1 TBSP  
HARISSA  
SPICE BLEND



1  
HONEY  
PACKET

## What You'll Need:

Olive oil  
Salt & pepper  
Small bowls (2)  
Sheet pan  
Aluminum foil  
Nonstick cooking spray  
Saucepan with lid  
Skillet  
Paper towels  
Instant read meat thermometer

## Recommended Preparation:




### 1 Prepare and Roast Vegetables

Preheat oven to 450°F. Add 1 tablespoon hot water and 1 tablespoon olive oil to harissa seasoning in small bowl; set aside. Wash tomatoes and sweet potato; dry. Peel sweet potato, if desired; cut into 1-inch chunks. Toss chunks with 1 tablespoon olive oil and 1/2 teaspoon salt. Place on foil-lined and greased sheet pan; roast 10 minutes. Turn potatoes; add tomatoes and roast another 10 minutes or until potatoes are fork tender.



### 2 Cook Millet

In dry saucepan, toast millet over medium heat 2 to 3 minutes, shaking pan often, until grains are golden and fragrant. Add 1-1/2 cups water and 1/4 teaspoon salt to saucepan, increase heat to high; bring to boil. Lower heat, cover; simmer 20 minutes. Remove from heat and let stand, covered, until ready to serve.

 *Toasting the millet in a dry skillet before cooking lends a warm, nutty flavor to the millet once it's cooked.*



### 3 Make Spiced Harissa Yogurt and Sear Lemons

In small bowl, combine Greek yogurt, 1 tablespoon harissa paste made in Step 1, honey packet and 1/4 teaspoon salt. Taste sauce; add more harissa paste, if desired. Refrigerate. Wash and dry lemon; trim ends and slice into 1/4-inch rounds. Heat 1 teaspoon olive oil over medium heat in skillet. Add lemon slices; sear 2 to 3 minutes per side or until lemons are slightly browned. Remove lemons and set aside.



### 4 Cook Chicken

Pat chicken breasts dry with paper towel; season with 1/4 teaspoon each salt and pepper. Wipe skillet with paper towel. Heat 1 tablespoon olive oil over medium heat; lightly brown chicken on one side, about 1 to 2 minutes. Flip chicken; loosely cover pan with foil; continue cooking 7 to 8 minutes or until internal temperature reaches 165°F on instant read meat thermometer.



### 5 It's Mealtime!

Remove chicken from pan; rest on plate and tent with foil for 3 minutes while you prepare the bowls. Divide millet between 2 bowls; top with sweet potatoes and tomatoes. Slice chicken into strips and add to bowls; top with desired amount of harissa yogurt. Garnish with feta cheese, Kalamata olives and lemon slices.