

Garam Masala Chicken

What's Inside:



2 (4 OZ)
CHICKEN
BREASTS



1 CAN
GARBANZO
BEANS



5 OZ
CAULIFLOWER



5 OZ
BROCCOLI



3 OZ
RED ONION



1 TSP
GARAM
MASALA
SEASONING



1
LIME



3
HONEY
PACKETS

What You'll Need:

Olive oil
Salt & pepper
Paper towels
Large bowl
Aluminum foil
Nonstick cooking spray
Sheet pan
Rubber spatula
Fork
Small bowl
Instant read meat thermometer

Recommended Preparation:



1 Roast Garbanzo Beans

Preheat oven to 450°F. Drain, rinse and pat garbanzo beans dry. In large bowl, toss beans with 2 tablespoons olive oil, 1/2 teaspoon salt and 1/4 teaspoon pepper. Spread beans in even layer on foil-lined and greased sheet pan, leaving room for vegetables and chicken. Using a rubber spatula, scrape olive oil left in bowl onto beans. Bake 15 minutes.

 *Thoroughly drying the garbanzo beans and adding a generous amount of olive oil help the beans achieve a crispy, crunchy exterior.*



2 Prepare Vegetables and Chicken

Trim broccoli and cauliflower into bite-size pieces. Using the same bowl from Step 1, toss broccoli, cauliflower and onions with 2 tablespoons olive oil. Season to taste with salt and pepper. Pat chicken dry with paper towels. Season chicken all over with garam masala seasoning and 1/2 teaspoon salt, patting spice so it sticks to chicken.



3 Roast Chicken and Vegetables

Carefully remove sheet pan from oven. Add chicken and vegetables. Bake 12 minutes or until internal temperature of chicken reaches 165°F on instant read meat thermometer.



4 Make Vinaigrette

Wash lime; cut in half. Using tines of fork, juice lime into small bowl. Remove seeds. Add honey to lime juice; stir to combine. Whisk in 3 tablespoons olive oil. Season with salt and pepper to taste.



5 It's Mealtime!

Divide vegetables and garbanzo beans between 2 plates. Top with chicken. Drizzle with honey-lime vinaigrette.