



Baharat Chicken

with Mint, Sunflower Seeds, and Feta-Smashed Sweet Potatoes

Baharat is a fragrant Middle Eastern seasoning that typically includes spices like cumin, coriander, paprika, cloves, and cardamom. We love the warming, aromatic flavor it adds to the skin-on chicken breasts in this recipe. It's served over a bed of feta-smashed sweet potatoes, then topped with a crunchy, tangy topping of sunflower seeds, mint, and olives.

35–45 minutes

700 calories per serving

✦ Ingredients

- 4 sweet potatoes
- 2 tablespoons sunflower seeds
- 4 boneless chicken breasts
- ¾ teaspoon baharat spice
- ¼ ounce mint
- ¼ cup Castelvetrano olives
- 2 tablespoons white wine vinegar
- 2 ounces crumbled feta cheese

🔪 You'll need

- olive oil
- kosher salt
- black pepper
- aluminum foil
- baking sheet
- 12" large pan
- potato masher (optional)

💡 Recipe tips

Be sure to read through the entire recipe before you begin cooking. Trust us—you'll be glad you did!

Sunflower seeds can burn quickly, so keep an eye on them and stir frequently as they toast.

If all the chicken doesn't fit in the pan at once, work in batches, adding oil in between as needed.

The sweet potatoes don't need to be silky-smooth—here, we prefer a rustic, smashed texture.

The chicken might have a slight odor as a natural reaction to its vacuum packing. USDA recommends cooking chicken to 165°F.



1. Roast sweet potatoes

Preheat oven to 450°F. Line a baking sheet with foil. Rinse all produce. Cut **sweet potatoes** into ½-inch pieces and add to prepared sheet. Toss with **1½ tablespoons olive oil**, **¾ teaspoon salt**, and **pepper** as desired; arrange in a single layer. Roast until tender, 15–18 minutes.



4. Make mint–sunflower seed topping

While chicken cooks, roughly chop **mint** leaves, discarding stems. Finely chop **olives**. Roughly chop toasted **sunflower seeds**. In a small bowl, stir together **white wine vinegar**, **sunflower seeds**, **mint**, **olives**, **2 tablespoons olive oil**, **¼ teaspoon salt**, and **pepper** as desired to combine. Set **mint–sunflower seed topping** aside for serving.



2. Toast sunflower seeds

While sweet potatoes roast, place **sunflower seeds** in a large pan over medium-high heat. Toast, stirring frequently, until golden, 3–4 minutes (see recipe tip). Transfer to cutting board for Step 4; reserve pan, off heat, for the next step.



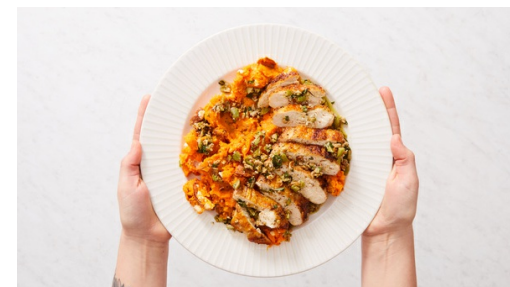
5. Make feta-smashed sweet potatoes

Once sweet potatoes are roasted, transfer to a large bowl. Add **feta** and, using a fork or potato masher, mash until chunky and just combined (see recipe tip). Taste and season with **salt** and **pepper** as desired.



3. Cook chicken

Pat **chicken** dry with paper towel; season all over with **baharat**, **1 teaspoon salt**, and **pepper**. Return pan from sunflower seeds to medium-high heat with **1 tablespoon olive oil**. When oil is shimmering, add **chicken** skin-side down (see recipe tip). Sear until skin is golden and easily lifts from pan, 6 minutes. Flip and sear until cooked through and no longer pink, about 6 minutes more. Transfer **chicken** to a plate; set aside to rest.



6. Plate baharat chicken

Cut rested **chicken** into ¼-inch slices. Divide **feta-smashed sweet potatoes** among serving plates. Top with **baharat chicken**, then spoon over **mint–sunflower seed topping**. Enjoy!