



Harissa Chicken and Roasted Cauliflower

with Green Beans, Roast Potatoes and Yoghurt Drizzle

27

Calorie Smart 30-35 Minutes • Medium Spice • 2 of your 5 a day • Under 650 Calories



Potatoes



Cauliflower Florets



Chermoula Spice Mix



Diced Chicken Thigh



Green Beans



Harissa Paste



Low Fat Natural Yoghurt



Diced Chicken Breast

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Baking tray and frying pan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Cauliflower Florets**	300g	450g	600g
Chermoula Spice Mix	½ sachet	¾ sachet	1 sachet
Diced Chicken Thigh**	210g	350g	390g
Green Beans**	80g	150g	150g
Harissa Paste 14	50g	75g	100g
Low Fat Natural Yoghurt** 7	75g	120g	150g
Diced Chicken Breast**	260g	390g	520g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	584g	100g	609g	100g
Energy (kJ/kcal)	2233 /534	382 /91	2146 /513	353 /84
Fat (g)	20.1	3.4	12.4	2.0
Sat. Fat (g)	4.3	0.7	2.0	0.3
Carbohydrate (g)	58.9	10.1	58.8	9.7
Sugars (g)	12.5	2.1	12.6	2.1
Protein (g)	35.2	6.0	42.8	7.0
Salt (g)	0.89	0.15	0.87	0.14

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **14**) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Get Roasting

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm chunks (no need to peel). Pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When your oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Add the Beans

Once the **chicken** is fully cooked, add the **green beans** to the pan.

Stir-fry until the **beans** are tender, 6-7 mins.



Cauli Time

Meanwhile, halve any large **cauliflower florets**, then arrange on another baking tray. Drizzle with **oil** and season with **salt** and **pepper**, then sprinkle over the **chermoula spice mix** (see ingredients for amount - add less if you'd prefer things milder).

Toss to coat, then spread out in a single layer.

When the **potatoes** have been in the oven for 10 mins, roast the **cauliflower** on the middle shelf until soft and golden at the edges, 15-20 mins. Turn halfway through.



Spice It Up

Once the **potatoes** are roasted, add them to the **chicken** and stir in the **harissa paste** (add less if you'd prefer things milder).

Cook for 1-2 mins, stirring to make sure the **chicken** and **veg** are evenly coated.

Season to taste with **salt** and **pepper**, then remove from the heat.



Fry the Chicken

While the **veg** roasts, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **diced chicken** and season with **salt** and **pepper**. Fry until browned all over and cooked through, 8-10 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

Meanwhile, trim the **green beans** and chop into thirds.

CUSTOM RECIPE

If you've chosen to get **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



Serve

Share the **harissa chicken** and **veg** between your bowls.

Top with the **roasted cauliflower** and drizzle over the **yoghurt**.

Enjoy!