



Honey Glazed Chicken Flatbread

with Harissa Veg & Feta Baked Sweet Potato Wedges

N° 18

STREET FOOD 45 Minutes • Little Heat • 3 of your 5 a day



-  Sweet Potato
-  Smoked Paprika
-  Red Onion
-  Yellow Pepper
-  Aubergine
-  Harissa Paste
-  Cider Vinegar
-  Diced Chicken Thigh
-  Honey
-  Feta Cheese
-  Greek Yoghurt
-  Greek Flatbreads
-  Coriander

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Two Large Baking Trays and Large Frying Pan.

Ingredients

	2P	3P	4P
Sweet Potato**	1	2	2
Smoked Paprika	1 small pot	¾ large pot	1 large pot
Red Onion**	1	1	2
Yellow Pepper**	1	1	2
Aubergine**	1	2	2
Harissa Paste	1 sachet	1½ sachets	2 sachets
Cider Vinegar 14	1 sachet	1½ sachets	2 sachets
Sugar*	1 tsp	1½ tsp	2 tsp
Diced Chicken Thigh**	280g	420g	560g
Honey	1 sachet	1½ sachets	2 sachets
Feta Cheese 7) **	1 block	1½ blocks	2 blocks
Greek Yoghurt 7) **	75g	100g	150g
Greek Flatbreads 7) 13)	4	6	8
Coriander	1 bunch	1 bunch	1 bunch

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	862g	100g
Energy (kJ/kcal)	4730/1131	549/131
Fat (g)	45	5
Sat. Fat (g)	16	2
Carbohydrate (g)	117	14
Sugars (g)	34	4
Protein (g)	61	7
Salt (g)	3.20	0.37

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **13)** Gluten **14)** Sulphites

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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1. Start Your Wedges

Preheat your oven to 200°C. Chop the **sweet potatoes** into 2cm wide wedges (no need to peel!). Pop the wedges on a large baking tray in a single layer. Drizzle with **oil** and **half** of the **smoked paprika**. Then season with **salt** and **pepper**. Toss to coat, then spread out and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.



4. Cook The Chicken

Heat a splash of **oil** in a large frying pan over a medium high heat. When hot, add the **chicken** and cook, stirring occasionally until golden brown all over, 7-10 minutes. Once the **chicken** is golden, add the remaining **smoked paprika** and **honey**, cook until the **chicken** is fully coated and shiny, 2-3 mins. Season with **salt**. **IMPORTANT: The chicken is cooked when it is no longer pink in the middle, wash your hands and equipment after handling raw meat.**



2. Prep

Halve, peel and thinly slice the **red onion**. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 2cm pieces. On a baking tray, combine the **pepper** and **aubergine**. Add a drizzle of **oil** and **half** of the **harissa paste**. Season with **salt** and **pepper** and use your hands to coat the **veggies** in the **paste** and **oil**. Roast on the middle shelf of your oven until golden and soft. 25-30 mins.



5. Finishing Touches

Crumble the **feta** into a small bowl. Add **half** to the **sweet potato wedges** and bake until it begins to brown 5-10 minutes. In a small bowl combine the **yoghurt** (see ingredients for amount) with the remaining **harissa paste**. Drain your **pickled onions**. Pop the **flatbreads** in the oven until warm and starting to turn golden, 3-4 mins. Alternatively pop them in your toaster if it's easier. Roughly chop the **coriander** (stalks and all).



3. Pickle Party!

Pop **half** the **red onion** in a small bowl and add the cider **vinegar** and the **sugar** (see ingredient list for amount). Add a pinch of **salt**, mix together and set aside.



6. Time to Serve

Pop the **flatbreads** on your plates. Spread **half** of the **harissa yoghurt** evenly over the **flat breads**. Top with the **roasted vegetables** followed by the **glazed chicken**. Sprinkle the **pickled red onions** and remaining **feta** over the **chicken** followed by the **coriander**. Drizzle over the remaining **yoghurt**. Serve the **sweet potato wedges** on the side.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.