

Honey Glazed Chicken Flatbread

with Harissa Veg & Feta Baked Sweet Potato Wedges

STREET FOOD









Smoked Paprika



Red Onion



Yellow Pepper



Aubergine



Harissa Paste



Cider Vinegar



Diced Chicken Thigh



Honey



Feta Cheese



Greek Yoghurt





Coriander

Greek Flatbreads

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.

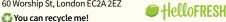
Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

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.



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.



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.



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.



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).



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.