

Honey Glazed Chicken Flatbreads



with Sweet Potato Wedges, Pickled Red Onion and Harissa Veg

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





Sweet Potato





Red Onion



Bell 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 vou use them!

Basic cooking tools, you will need:

Baking Tray and Frying Pan.

Ingredients

| : | | |
|-------------|---|--|
| 2P | 3P | 4P |
| 1 | 2 | 2 |
| 1 small pot | 1 large pot | 2 small pots |
| 1 | 1 | 2 |
| 1 | 1 | 2 |
| 1 | 2 | 2 |
| 1 sachet | 1½ sachets | 2 sachets |
| 1 sachet | 1½ sachets | 2 sachets |
| 1 tsp | 1 tsp | 2 tsp |
| 280g | 420g | 560g |
| 1 sachet | 1⅓ sachets | 2 sachets |
| 1 block | 1⅓ blocks | 2 blocks |
| 75g | 100g | 150g |
| 4 | 6 | 8 |
| 1 bunch | 1 bunch | 1 bunch |
| | 1 1 small pot 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 | 1 2 1 small pot 1 large pot 1 1 1 1 1 2 1 sachet 1½ sachets 1 sachet 1½ sachets 1 tsp 280g 420g 1 sachet 1½ sachets 1 block 1½ blocks 75g 100g 4 6 |

^{*}Not Included ** Store in the Fridge

Nutrition

| Per serving | Per 100g |
|-------------|--|
| 869g | 100g |
| 4766/1139 | 548/131 |
| 45 | 5 |
| 16 | 2 |
| 119 | 14 |
| 34 | 4 |
| 62 | 7 |
| 3.13 | 0.36 |
| | 869g 4766/1139 45 16 119 34 62 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten 14) Sulphites

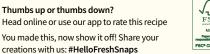
Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut. Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & 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 flatbreads. 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 **voghurt**. 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.

^{***}Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.