



Honey Glazed Chicken Flatbreads

with Sweet Potato Wedges, Pickled Red Onion and Harissa Veg

N° 27

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



Sweet Potato



Smoked Paprika



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 you use them!

Basic cooking tools, you will need:

Baking Tray and Frying Pan.

Ingredients

	2P	3P	4P
Sweet Potato**	1	2	2
Smoked Paprika	1 small pot	1 large pot	2 small pots
Red Onion**	1	1	2
Bell 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	1 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

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

Nutrition

	Per serving	Per 100g
for uncooked ingredient	869g	100g
Energy (kJ/kcal)	4766/1139	548/131
Fat (g)	45	5
Sat. Fat (g)	16	2
Carbohydrate (g)	119	14
Sugars (g)	34	4
Protein (g)	62	7
Salt (g)	3.13	0.36

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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Packed in the UK



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 **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 **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.