



# Glazed Chicken Naans

with Harissa Veg & Pickled Red Onion

Street Food 45 Minutes • Little Spice • 2 of your 5 a day

Nº 29



Sweet Potato



Smoked Paprika



Red Onion



Bell Pepper



Baby Plum Tomatoes



Harissa Paste



Cider Vinegar



Diced Chicken Thigh



Honey



Feta Cheese



Greek Yoghurt



Naans



Coriander

## Before you start

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

## Cooking tools, you will need:

Baking Tray, Bowl, Frying Pan, Measuring Spoon.

## Ingredients

	2P	3P	4P
Sweet Potato**	1	2	2
Smoked Paprika	1 sachet	1 sachet	2 sachets
Red Onion**	1	1	2
Bell Pepper***	1	1	2
Baby Plum Tomatoes	125g	190g	250g
Harissa Paste	1 sachet	1½ sachets	2 sachets
Cider Vinegar <b>14</b>	1 sachet	1 sachet	2 sachets
Sugar*	1 tsp	1½ tsp	2 tsp
Diced Chicken Thigh**	280g	420g	560g
Honey	1 sachet	1½ sachets	2 sachets
Feta Cheese <b>7</b> **	100g	150g	200g
Greek Yoghurt <b>7</b> **	75g	120g	150g
Naans <b>7</b> <b>11</b> <b>13</b>	2	3	4
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, orange or green to guarantee you get the best quality pepper.

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	569g	100g
Energy (kJ/kcal)	2674/639	469/112
Fat (g)	32	6
Sat. Fat (g)	11	2
Carbohydrate (g)	50	9
Sugars (g)	27	5
Protein (g)	39	7
Salt (g)	1.18	0.21

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 11) Soya 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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## 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. Drizzle with **oil** and **half** the **smoked paprika**. Then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.



## 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 mins. **IMPORTANT: Wash your hands and equipment after handling raw meat.** 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**



## Prep

Halve, peel and thinly slice the **red onion**. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Halve the **tomatoes**. On a baking tray, combine the **pepper** and **tomatoes**. 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, 15-20 mins.



## 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 **naans** 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).



## Pickle Party

Pop **half** the **red onion** into 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.



## Time to Serve

Pop the **naans** onto your plates. Spread **half** of the **harissa yoghurt** evenly over the **naans**. 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.