



Harissa Chicken and Roasted Cauliflower

with Green Beans, Roast Potatoes and Yoghurt Drizzle

24

Calorie Smart Eat Me Early • 30-35 Minutes • Medium Spice • Under 650 Calories



Potatoes



Cauliflower



Chermoula Spice Mix



Diced Chicken Thigh



Green Beans



Echalion Shallot



Harissa Paste



Low Fat Natural Yoghurt

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray and frying pan.

Ingredients

	2P	3P	4P
Potatoes	450g	700g	900g
Cauliflower**	1	1	2
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets
Diced Chicken Thigh**	210g	350g	420g
Green Beans**	80g	150g	150g
Echalion Shallot**	1	1	2
Harissa Paste	1 sachet	1½ sachets	2 sachets
Low Fat Natural Yoghurt** 7)	75g	120g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	735g	100g
Energy (kJ/kcal)	2355 /563	320 /77
Fat (g)	21.2	2.9
Sat. Fat (g)	4.2	0.6
Carbohydrate (g)	57.3	7.8
Sugars (g)	15.1	2.1
Protein (g)	34.3	4.7
Salt (g)	0.66	0.09

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

7) Milk

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Having trouble with your WW QR code? You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

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Packed in the UK

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8-14



Get Roasting

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm chunks. Pop onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When your oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Add the Beans

Once the **chicken** is browned, add the **green beans** and **shallot** to the pan.

Stir-fry until the **veg** has softened, 6-7 mins.



Cauli Time

Meanwhile, cut the **cauliflower** into florets (like small trees). Halve any large florets, then arrange on another baking tray. Drizzle with **oil** and season with **salt** and the **chermoula spice mix** (use less if you don't like heat).

Use your hands to rub the **seasoning** all over, then spread out in a single layer.

When the **potatoes** have been in the oven for 10 mins, roast the **cauliflower** on the middle shelf until soft and golden at the edges, 15-18 mins.



Spice It Up

Once cooked, add the **roast potatoes** to the **chicken** and stir in the **harissa paste** (use less if you don't like heat).

Cook for 1 min, stirring to make sure the **chicken** and **veg** are evenly coated. Season to taste with **salt** and **pepper**, then remove from the heat.



Cook the Chicken

While the **veg** roasts, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once the **oil** is hot, add the **diced chicken thigh** and season with **salt** and **pepper**. Fry until browned all over and cooked through, 8-10 mins.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.

Meanwhile, trim the **green beans** and chop into thirds. Halve, peel and thinly slice the **shallot**.



Serve

Share the **harissa chicken and veg** between your bowls.

Top with the **roasted cauliflower** and drizzle over the **yoghurt**.

Enjoy!