



Harissa Chicken and Vegetable Traybake

with Potato Wedges and Harissa Yoghurt

Classic 40-45 Minutes • Mild Spice • 2 of your 5 a day

5



Aubergine



Carrot



Red Onion



Potatoes



Chicken Thigh



Harissa Paste



Ground Cumin



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

Bowl and baking tray.

Ingredients

	2P	3P	4P
Aubergine**	1	1½	2
Carrot**	1	2	2
Red Onion**	1	2	2
Potatoes**	450g	700g	900g
Chicken Thigh**	4	6	8
Harissa Paste	1 sachet	1½ sachets	2 sachets
Ground Cumin	1 sachet	1 sachet	2 sachets
Natural Yoghurt** 7)	75g	120g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	729g	100g
Energy (kJ/kcal)	2917 /697	400 /96
Fat (g)	32.6	4.5
Sat. Fat (g)	7.9	1.1
Carbohydrate (g)	58.3	8.0
Sugars (g)	16.4	2.3
Protein (g)	43.9	6.0
Salt (g)	0.72	0.10

Nutrition for uncooked ingredients based on 2 person recipe.

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.

Contact

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Get Prepped

Preheat your oven to 200°C.

Trim the **aubergine**, then halve lengthways. Chop each half into four long strips, then chop widthways into roughly 1cm pieces (no need to peel). Trim the **carrot** and slice into 1cm thick rounds.

Halve, peel and slice the **onion** into 2cm wedges. Chop the **potatoes** into 2cm wedges (no need to peel).



Add the Veg

After the **wedges** have roasted for 10 mins, pop the **aubergine, carrot** and **red onion** onto another large baking tray.

Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over the **cumin**. Toss to coat, then spread out in a single layer.

Lay the **harissa chicken** between the **vegetables**.

When the oven is hot, roast on the top shelf until the **veg** is golden and the **chicken** is cooked through, 20-25 mins. Turn the **veg** halfway through. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*



Marinate the Chicken

Pop the **chicken** into a large bowl with **three quarters** of the **harissa paste** (add less if you don't like heat).

Drizzle with **oil** and season with **salt** and **pepper**, then mix well until evenly coated. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*



Mix the Harissa Yoghurt

While everything roasts, mix the **yoghurt** with the remaining **harissa** in a small bowl. Season to taste with **salt** and **pepper**, then set aside.



Roast the Wedges

Pop the **potato wedges** 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 the oven is hot, roast on the middle shelf until golden, 30-40 mins. Turn halfway through.



Serve

When everything is ready, share the **harissa chicken** and **veg** between your plates with the **wedges** alongside.

Spoon over the **harissa yoghurt** to finish.

Enjoy!