



Harissa Chicken Naans

with Roasted Garlic Yoghurt and Lemony Radish & Lettuce Salad

Rapid 20 Minutes • Little Spice • 2 of your 5 a day

16



Garlic Clove



Bell Pepper



Lemon



Red Onion



Diced Chicken Thigh



Natural Yoghurt



Harissa Paste



Baby Gem Lettuce



Radish



Garlic and Coriander Naan



Diced Chicken Breast



CUSTOM RECIPE


This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Before you start

Cooking tools, you will need:

Aluminum Foil, Baking Tray, Zester, Bowl, Frying Pan.

Ingredients

	2P	3P	4P
Garlic Clove	1	2	2
Bell Pepper***	1	2	2
Lemon**	½	¾	1
Red Onion**	1	1½	2
Diced Chicken Thigh**	210g	350g	420g
Natural Yoghurt 7)**	75g	113g	150g
Harissa Paste	1 sachet	1½ sachets	2 sachets
Baby Gem Lettuce**	1	2	2
Radish**	100g	150g	200g
Garlic and Coriander Naan 7) 11) 13)	4	6	8
Olive Oil*	1 tbsp	1½ tbsps	2 tbsps
 Diced Chicken Breast**	280g	420g	560g

*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	551g	100g
Energy (kJ/kcal)	3033/725	550/132
Fat (g)	28	5
Sat. Fat (g)	5	1
Carbohydrate (g)	84	15
Sugars (g)	17	3
Protein (g)	35	6
Salt (g)	2.18	0.40
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	586g	100g
Energy (kJ/kcal)	2961/708	505/121
Fat (g)	20	3
Sat. Fat (g)	3	1
Carbohydrate (g)	84	14
Sugars (g)	17	3
Protein (g)	47	8
Salt (g)	2.32	0.39

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 11) Soya 13) Gluten

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.

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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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Get Started

- Preheat your oven to 220°C.
- Peel the **garlic** cloves, and pop into foil with a drizzle of **oil** and scrunch to enclose it.
- Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Pop the **garlic** and **pepper** on a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Roast in your oven until soft, 10-12 mins.



Cook the Chicken

- Heat a large frying pan on medium-high heat.
- Once hot, add the **chicken** with its **marinade** and cook, stirring frequently, until golden brown, 4-5 mins.
- Add the **red onion** to the **chicken** pan and cook until the **onion** is soft and the **chicken** is cooked through, 4-5 mins.
- Once the **garlic** is roasted, transfer to a board and mash with the back of a fork until smooth. Stir the **pepper** into the **chicken** mixture. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Marinate the Chicken

- Zest and halve the **lemon**.
- Halve, peel and thinly slice the **red onion**.
- Pop the **chicken** into a bowl with the **lemon zest**, **half** the **yoghurt**, the **harissa paste**, a drizzle of **oil** and season with **salt** and **pepper**. Mix well and set aside. **IMPORTANT:** Wash your hands after handling chicken and its packaging.

 **CUSTOM RECIPE**

a) If you've opted to get **chicken breast** instead of **thigh**, cook the **chicken breast** in the same way the recipe tells you to cook the **chicken thigh**.



Finish Up

- Pop the remaining **yoghurt** into a small bowl with the **mashed roasted garlic**, **half** the **lemon juice** and season with **salt** and **pepper**. Mix together and set aside.
- Pop the **naans** onto a baking tray and put in the oven until warmed through, 2-3 mins.
- Add the remaining **lemon juice** and **olive oil** (see ingredients for amounts) to the **salad**.
- Season with **salt** and **pepper** and mix together.

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.



Prep the Salad

- Trim the root from the **baby gem lettuce** then separate the leaves.
- Trim and finely slice the **radishes**.
- Pop the **lettuce** and **radishes** into a bowl and set aside.



Serve

- Divide the warmed **naans** between your plates.
- Top with the **chicken** and drizzle over the **roasted garlic yoghurt**.
- Serve with the **salad** alongside.

Enjoy!