



Harissa Chicken

with Roasted Cauliflower and Green Beans

Classic **Eat Me Early** • 30 Minutes • Medium Spice • 1 of your 5 a day

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Potato



Cauliflower Florets



Chermoula Spice



Diced Chicken Thigh



Green Beans



Shallot



Harissa Paste



Natural Yoghurt



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

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

Cooking tools, you will need:

Baking Tray, Frying Pan, Wooden Spoon.

Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Cauliflower Florets**	300g	450g	600g
Chermoula Spice	1 sachet	1 sachet	2 sachets
Diced Chicken Thigh**	280g	420g	560g
Green Beans**	80g	150g	150g
Shallot	1	1	2
Harissa Paste	1 sachet	1½ sachets	2 sachets
Natural Yoghurt 7)**	75g	100g	150g
Diced Chicken Breast**	280g	420g	560g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	645g	100g
Energy (kJ/kcal)	2405/575	373/89
Fat (g)	23	4
Sat. Fat (g)	5	1
Carbohydrate (g)	52	8
Sugars (g)	10	2
Protein (g)	39	6
Salt (g)	0.78	0.12
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	645g	100g
Energy (kJ/kcal)	2089/499	324/77
Fat (g)	13	2
Sat. Fat (g)	2	1
Carbohydrate (g)	52	8
Sugars (g)	10	2
Protein (g)	44	7
Salt (g)	0.78	0.12

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

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.



Roast

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks. Pop them on a baking tray, drizzle with **oil** and 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 soft and golden, 25-30 mins, turning halfway.



Cauli Time

Meanwhile, arrange the **cauliflower florets** on another a baking tray. **TIP:** Halve any large pieces. Drizzle with oil and season with salt and the Chermoula spice mix. **TIP:** Add less if you don't like too much heat. Use your hands to rub the seasoning all over. Arrange in a single layer and roast on the middle shelf of your oven until soft and golden at the edges, 15-20 mins.



Cook the Chicken

While the **potatoes** and **cauli** cook, heat a splash of **oil** in a large frying pan over high heat. When hot, add the **chicken thigh** pieces, season with **salt** and **pepper** and cook until the **chicken** is browned, 8-10 mins. Turn every couple of mins to make sure the **chicken** cooks evenly. **IMPORTANT:** Wash your hands after handling chicken and its packaging. Meanwhile, trim the **green beans** and chop into thirds. Halve, peel and thinly slice the **shallot**.

CUSTOM RECIPE

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



Add the Beans

Once the **chicken** is browned, add the **green beans** and **shallot** to the **chicken** pan. Stir-fry until the **chicken** is cooked through, the **beans** are tender, and **shallot** is soft, another 4-5 mins. **IMPORTANT:** The chicken is cooked through when no longer pink in the middle.



Spice It Up

Add the roast **potatoes** to the frying pan with the **chicken** and stir in the **harissa paste**. Cook for 1 minute. Remove from the heat and make sure the **chicken** and **veggies** are nicely coated in the **harissa paste**. Season to taste with **salt** and **pepper**.



Serve

Share the **chicken**, **beans** and **potatoes** between your plates. Pop the **cauliflower** pieces on top. Drizzle over the **yoghurt**.

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.