

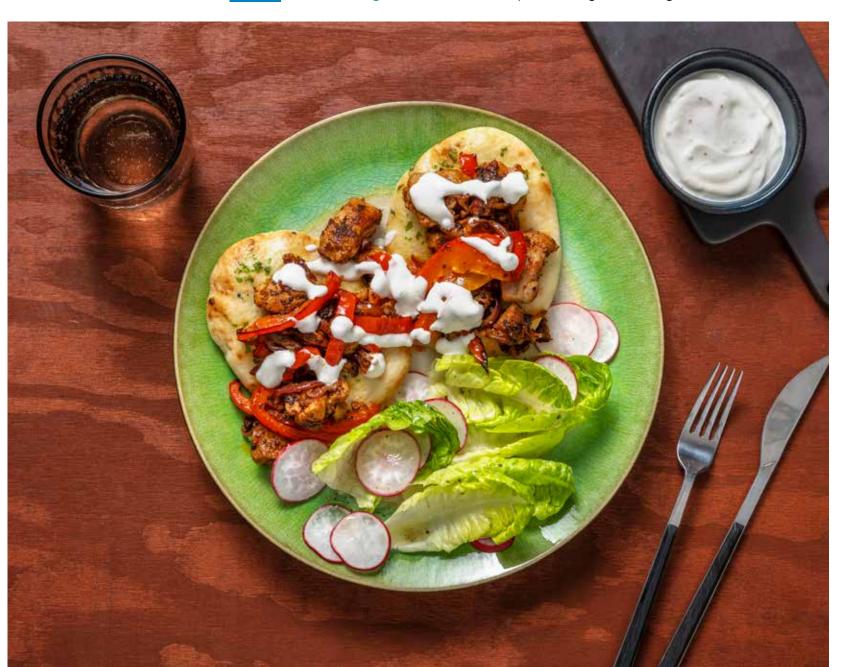
Harissa Chicken Naans

with Roasted Garlic Yoghurt and Radish & Lettuce Salad

Rapid

Eat Me Early · 30 Minutes · Mild Spice · 2 of your 5 a day







Garlic Clove





Lemon



Red Onion



Diced Chicken



Thigh



Greek Style Natural Yoghurt



Radish



Garlic and Coriander Naan

Baby Gem Lettuce



French Dressing

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, fine grater, bowl and frying pan.

Ingredients

	2P	3P	4P
Garlic Clove**	1	2	2
Bell Pepper***	1	2	2
Lemon**	1/2	3/4	1
Red Onion**	1	11/2	2
Diced Chicken Thigh**	210g	350g	420g
Harissa Paste	1 sachet	11/2 sachets	2 sachets
Greek Style Natural Yoghurt** 7)	75g	110g	150g
Baby Gem Lettuce**	1	2	2
Radish**	100g	150g	200g
Garlic and Coriander Naan** 7) 11) 13)	4	6	8
French Dressing 9)	1 sachet	2 sachets	2 sachets

*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	562g	100g
Energy (kJ/kcal)	3092 /739	550 /131
Fat (g)	29	5
Sat. Fat (g)	5	1
Carbohydrate (g)	86	15
Sugars (g)	18	3
Protein (g)	35	6
Salt (g)	2.40	0.43

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 9) Mustard 11) Soya 13) Gluten

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.

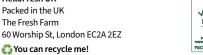
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Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ





Get Started

- a) Preheat your oven to 220°C.
- b) Peel the garlic cloves, pop into a small piece of foil with a drizzle of oil and scrunch to enclose it.
- c) Halve the pepper and discard the core and seeds. Slice into thin strips then pop onto a baking tray. Drizzle with oil and season with salt and pepper.
- d) When the oven is hot, add the garlic parcel to the **pepper** tray and roast on the top shelf until soft. 10-12 mins.



Marinate the Chicken

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



Prep the Salad

- a) Trim the baby gem then separate the leaves.
- b) Trim and finely slice the radishes.
- c) Pop the lettuce and radishes into a bowl and set aside.



Cook the Chicken

- a) 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.
- b) Add the onion to the pan and cook until the onion is soft and the chicken is cooked through, 4-5 mins.
- c) Once the veg is roasted, remove the garlic from the foil then pop into a small bowl and mash with a fork. Add the roasted peppers to the chicken pan and keep warm on a low heat. **IMPORTANT**: The chicken is cooked when no longer pink in the middle.



Finish Up

- a) Add the remaining yoghurt to the garlic bowl with a squeeze of lemon juice). Season with salt and pepper. Mix together and set aside.
- **b)** Put the **naans** onto a baking tray. Sprinkle with a little water and pop them into the oven to warm through, 2-3 mins.



Serve

- a) Divide the warmed naans between your plates.
- **b)** Top with the **chicken** and drizzle over the garlic yoghurt.
- c) Serve with the radish and lettuce salad alongside with the **French dressing** drizzled over.

Enjoy!