



# 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

12



Garlic Clove



Bell Pepper



Lemon



Red Onion



Diced Chicken Thigh



Harissa Paste



Greek Style Natural Yoghurt



Baby Gem Lettuce



Radish



Garlic and Coriander Naan



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**	½	¾	1
Red Onion**	1	1½	2
Diced Chicken Thigh**	210g	350g	420g
Harissa Paste	1 sachet	1½ sachets	2 sachets
Greek Style Natural Yoghurt**	75g	110g	150g
7)			
Baby Gem Lettuce**	1	2	2
Radish**	100g	150g	200g
Garlic and Coriander Naan**	4	6	8
7) 11) 13)			
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.

## Contact

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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**, pop into a small piece of foil with a drizzle of **oil** and scrunch to enclose it.
- 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**.
- When the oven is hot, add the **garlic parcel** to the **pepper** tray and roast on the top shelf 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 **onion** to the pan and cook until the **onion** is soft and the **chicken** is cooked through, 4-5 mins.
- 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.**



## Marinate the Chicken

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



## Finish Up

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



## Prep the Salad

- Trim the **baby gem** 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 **garlic yoghurt**.
- Serve with the **radish and lettuce salad** alongside with the **French dressing** drizzled over.

## Enjoy!