



Harissa Chicken & Roasted Cauliflower and Green Beans

N° 21

RAPID 20 Minutes • Medium Heat • 1.5 of your 5 a day



Cauliflower Florets



Chermoula Spice



Salad Potatoes



Shallot



Diced Chicken Thigh



Green Beans



Harissa

Before you start

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

Basic cooking tools you will need:

Baking Tray, Saucepan and Large Frying Pan.

Ingredients

	2P	3P	4P
Cauliflower Florets**	1 small pack	1 medium pack	1 large pack
Chermoula Spice	1 small pot	¾ large pot	1 large pot
Salad Potatoes**	1 small pack	1 large pack	2 small packs
Shallot**	1	2	2
Diced Chicken Thigh**	280g	420g	560g
Green Beans**	1 small pack	1 large pack	1 large pack
Harissa	1 sachet	1½ sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	562g	100g
Energy (kJ/kcal)	2153 /515	383 /92
Fat (g)	23	4
Sat. Fat (g)	5	1
Carbohydrate (g)	40	7
Sugars (g)	11	2
Protein (g)	36	6
Salt (g)	0.91	0.16

Nutrition for uncooked ingredients based on 2 person recipe.

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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1. Roast the Cauliflower

a) Preheat your oven to 200°C. Fill and boil your kettle.

b) Arrange the **cauliflower florets** on a baking tray. **TIP:** Halve any large pieces.

c) 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 top shelf of your oven until soft and golden at the edges, 16-18 mins.



4. Add the Beans

a) After 10 mins, add the **green beans** to the chicken pan.

b) Stir-fry until the **chicken** is cooked through and the **beans** are tender, another 4-5 mins.

IMPORTANT: The chicken is cooked through when no longer pink in the middle.



2. Prep Time

a) Chop the **potatoes** into 2cm chunks. Halve, peel and thinly slice the **shallot**.

b) Fill a saucepan with boiling **water** from the kettle and add ¼ tsp of **salt**. Pop onto high heat.

c) Add the **potatoes**, lower the heat to medium and cook until tender, 12-15 mins.



5. Spice it up!

a) When the **potatoes** are cooked, drain in a colander.

b) Add to the frying pan with the **chicken** and stir in the **harissa paste**.

c) Cook for 1 minute.

d) Remove from the heat and make sure the **chicken** and **veggies** are nicely coated in the **harissa paste**.

e) Season to taste with **salt** and **pepper**.



3. Finish the Prep

a) Meanwhile, heat a splash of **oil** in a large frying pan over high heat.

b) When hot, add the **chicken thigh pieces** and **shallot**.

c) Season with **salt** and **pepper** and cook until the **chicken** is browned, 8-10 mins.

d) Turn every couple of mins to make sure the **chicken** cooks evenly.

e) Meanwhile, trim the **green beans** and chop into thirds.



6. Serve

a) Share the **chicken, beans** and **potatoes** between your plates.

b) Pop the **cauliflower pieces** on top.

c) Drizzle on any **oil** from the frying pan.

Enjoy!