



# Harissa Chicken and Roasted Cauliflower with Green Beans

**Rapid** 20 Minutes • Medium Spice • 1.5 of your 5 a day

11



Cauliflower Florets



Chermoula Spice



Potatoes



Shallot



Diced Chicken Thigh



Green Beans



Harissa



Natural Yoghurt

## Before you start

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

## Cooking tools, you will need:

Baking Tray, Saucepan, Frying Pan and Colander.

## 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   |
| Potatoes**            | 1 small pack | 1 large pack  | 2 small packs |
| Shallot**             | 1            | 1             | 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     |
| Natural Yoghurt 7)**  | 75g          | 100g          | 150g          |

\*Not Included \*\*Store in the Fridge

## Nutrition

|                         | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 650g        | 100g     |
| Energy (kJ/kcal)        | 2456 /587   | 378 /90  |
| Fat (g)                 | 24          | 4        |
| Sat. Fat (g)            | 5           | 1        |
| Carbohydrate (g)        | 53          | 8        |
| Sugars (g)              | 11          | 2        |
| Protein (g)             | 39          | 6        |
| Salt (g)                | 0.95        | 0.15     |

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.

## Contact

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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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## Roast the Cauliflower

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

**b)** Place 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.

**d)** Use your hands to rub the **seasoning** all over.

**e)** Arrange in a single layer and roast on the top shelf of your oven until soft and golden on the edges, 16-18 mins.



## 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.



## Prep Time

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

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

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



## 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**. Cook for one minute.

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

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



## Finish the Prep

**a)** Meanwhile, halve, peel and thinly slice the **shallot**.

**b)** Heat a splash of **oil** in a large frying pan over high heat.

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



## Serve

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

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

**c)** 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.