



Harissa Chicken and Roasted Cauliflower

with Green Beans, Roast Potatoes and Yoghurt Drizzle

Classic Eat Me Early • 30-35 Minutes • Medium Spice • 1 of your 5 a day

1



Potatoes



Cauliflower Florets



Chermoula Spice Mix



Diced Chicken Thigh



Green Beans



Echalion Shallot



Harissa Paste



Low Fat 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.

Happy cooking!

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, frying pan and bowl.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Cauliflower Florets**	300g	450g	600g
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets
Diced Chicken Thigh**	280g	420g	560g
Green Beans**	80g	150g	150g
Echalion Shallot**	1	1	2
Harissa Paste	1 sachet	1½ sachets	2 sachets
Low Fat Natural Yoghurt** 7)	75g	120g	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)	2422/579	375/90
Fat (g)	23	4
Sat. Fat (g)	5	1
Carbohydrate (g)	53	8
Sugars (g)	12	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)	2106/503	326/78
Fat (g)	13	2
Sat. Fat (g)	2	1
Carbohydrate (g)	53	8
Sugars (g)	12	2
Protein (g)	44	7
Salt (g)	0.78	0.12

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

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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Get Roasting

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks. Pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.

TIP: Use two baking trays if necessary. When your oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Cauli Time

Meanwhile, arrange the **cauliflower florets** on another baking tray. Halve any large **florets**. Drizzle with **oil** and season with **salt** and the **chermoula spice mix** (use less if you don't like heat). Use your hands to rub the **seasoning** all over, then spread out in a single layer. When the **potatoes** have been in the oven for 10 mins, roast the **cauliflower** on the middle shelf until soft and golden at the edges, 15-18 mins.



Cook the Chicken

While the **veg** roasts, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once the **oil** is hot, add the **diced chicken thigh** and season with **salt** and **pepper**. Fry until golden brown all over, 8-10 mins. **IMPORTANT:** Wash your hands and equipment after handling raw 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 **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



Add the Beans

Once the **chicken** is browned, add the **green beans** and **shallot** to the pan. Stir-fry until the **chicken** is cooked through and the **veg** is softened, 6-7 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Spice It Up

Once cooked, add the **roast potatoes** to the **chicken** and stir in the **harissa paste** (use less if you don't like heat). Cook for 1 min, stirring to make sure the **chicken** and **veg** are evenly coated. Season to taste with **salt** and **pepper**, then remove from the heat.



Serve

Share the **harissa chicken and veg** between your bowls. Top with the **roasted cauliflower** and drizzle over the **yoghurt**.

Enjoy!