



# Honey Glazed Chicken & Harissa Veg Flatbreads

with Sweet Potato Wedges and Pickled Red Onion

34

Street Food 45 Minutes • Mild Spice • 3 of your 5 a day



-  Sweet Potato
-  Smoked Paprika
-  Red Onion
-  Bell Pepper
-  Baby Plum Tomatoes
-  Harissa Paste
-  Cider Vinegar
-  Diced Chicken Thigh
-  Honey
-  Feta Cheese
-  Greek Style Natural Yoghurt
-  Greek Style Flatbreads
-  Coriander

## Before you start

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

## Cooking tools, you will need:

Baking Tray, Bowl and Frying Pan.

## Ingredients

	2P	3P	4P
Sweet Potato**	1	2	2
Smoked Paprika	1 sachet	1 sachet	2 sachets
Red Onion**	1	1	2
Bell Pepper***	1	1	2
Baby Plum Tomatoes	125g	190g	250g
Harissa Paste	1 sachet	1½ sachets	2 sachets
Cider Vinegar <b>14</b>	1 sachet	1 sachet	2 sachets
Sugar*	1 tsp	1½ tsp	2 tsp
Diced Chicken Thigh**	280g	420g	560g
Honey	1 sachet	1½ sachets	2 sachets
Feta Cheese** <b>7</b>	100g	150g	200g
Greek Style Natural Yoghurt** <b>7</b>	75g	120g	150g
Greek Style Flatbreads <b>7</b> <b>13</b>	4	6	8
Coriander**	1 bunch	1 bunch	1 bunch

\*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
<b>for uncooked ingredient</b>	<b>762g</b>	<b>100g</b>
Energy (kJ/kcal)	5003/1196	656/157
Fat (g)	45	6
Sat. Fat (g)	17	2
Carbohydrate (g)	144	19
Sugars (g)	29	4
Protein (g)	54	7
Salt (g)	3.84	0.50

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 13) Gluten 14) Sulphites

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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## Cook the Wedges

Preheat your oven to 200°C. Chop the **sweet potatoes** into 2cm wide wedges (no need to peel). Pop the **wedges** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then sprinkle on **half** the **smoked paprika**. Toss to coat, then spread out in a single layer. **TIP: Use two baking trays if necessary.** When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



## Cook the Chicken

Heat a drizzle of **oil** in a large frying pan on a medium-high heat. Once the **oil** is hot, add the **chicken** and season with **salt** and **pepper**. Fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT: Wash your hands after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.** Once browned, add the remaining **smoked paprika** and **honey** to the pan and cook for 1 more min, stirring to glaze the chicken. **TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.**



## Prep

Halve, peel and thinly slice the **red onion**. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Halve the **tomatoes**. Pop the **pepper** and **tomatoes** onto another baking tray. Drizzle with **oil**, **half** the **harissa paste** and season with **salt** and **pepper**. Use your hands to coat the **veggies**. Roast on the middle shelf of your oven until golden and soft, 15-20 mins.



## Finishing Touches

Crumble the **feta** into a small bowl. When the **wedges** have 5-10 mins left, sprinkle over **half** the **feta** and return to the oven for the remaining cooking time. In another small bowl, combine the **yoghurt** (see ingredients for amount) with the **remaining harissa paste**. Drain your **pickled onions**. Pop the **flatbreads** in the oven until warm and starting to turn golden, 3-4 mins. Roughly chop the **coriander** (stalks and all).



## Pickle the Onion

Pop the **onion** into a small bowl and add the **cider vinegar** and **sugar** (see ingredients for amount). Add a pinch of **salt**, mix together and set aside.



## Time to Serve

Pop the **flatbreads** onto your plates and spread over **half** of the **harissa yoghurt**. Top with the **roasted veg**, **glazed chicken** and **pickled red onions**. Finish with a sprinkle of the remaining **feta** and the **coriander**. Drizzle over the remaining **yoghurt** and serve the **sweet potato wedges** alongside.

## 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.