



# Pulled BBQ Chicken Naanizza with Roasted Peppers & Onion

Family Eat Me Early • 35 Minutes • 1 of your 5 a day

7



Bell Pepper



Red Onion



Chicken Thigh



Sun-Dried Tomato Paste



Tomato Puree



BBQ Sauce



Cheddar Cheese



Monterey Jack Cheese



Naan

## Before you start

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

## Cooking tools, you will need:

Baking Tray, Bowl, Grater, Plate.

## Ingredients

|                                  | 2P        | 3P        | 4P        |
|----------------------------------|-----------|-----------|-----------|
| Bell Pepper***                   | 1         | 2         | 2         |
| Red Onion**                      | 1         | 1         | 2         |
| Chicken Thigh**                  | 3         | 5         | 6         |
| Sun-Dried Tomato Paste           | 1 sachet  | 2 sachets | 2 sachets |
| Tomato Puree                     | 1 sachet  | 1 sachet  | 2 sachets |
| BBQ Sauce <b>13</b>              | 2 sachets | 3 sachets | 4 sachets |
| Water*                           | 1 tbsp    | 1½ tbsp   | 2 tbsp    |
| Cheddar Cheese <b>7)**</b>       | 30g       | 45g       | 60g       |
| Monterey Jack Cheese <b>7)**</b> | 30g       | 60g       | 60g       |
| Naan <b>7) 11) 13)</b>           | 2         | 3         | 4         |

\*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 | 473g        | 100g     |
| Energy (kJ/kcal)        | 3462 /827   | 732 /175 |
| Fat (g)                 | 34          | 7        |
| Sat. Fat (g)            | 12          | 3        |
| Carbohydrate (g)        | 87          | 18       |
| Sugars (g)              | 17          | 4        |
| Protein (g)             | 44          | 9        |
| Salt (g)                | 2.35        | 0.50     |

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 11) Soya 13) Gluten

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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## Get Prepped

Preheat your oven to 200°C. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Halve and peel the **onion**. Chop each half into 4-5 **wedges**.



## Shred the Chicken

Once the **chicken** and **veg** are cooked, remove from the oven. Pop the **veg** into the bowl with the **sauce**. Pull the **chicken** apart into strips using 2 forks. Add the **chicken** to the **sauce** and mix together to combine.



## Roast

Pop the **pepper**, **onion** and **chicken thighs** on a large baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat and make sure the **chicken thighs** are flat. **TIP:** Use 2 baking trays if cooking for 3 or 4 people. Roast on the middle shelf of your oven until the **chicken** is cooked through and the **veg** is soft, 16-18 mins. **IMPORTANT:** Wash your hands after handling chicken and its packaging. The chicken is cooked when it is no longer pink in the middle.



## Assemble and Bake

Turn your oven up to 220°C. Pop your **naans** on your baking tray (no need to wash). Divide your remaining **BBQ sauce** between the **naans** and use a spoon to spread it out until you have approximately a 1cm border. Divide the **BBQ chicken mixture** between the **naans** and sprinkle over the **cheese**. Bake in your oven until the **cheese** has melted, 5-7 mins.



## Finish the Prep

Pop the **sun-dried tomato paste**, **tomato puree** and **half** the **BBQ sauce** in a large bowl. Add the **water** (see ingredients for amount) and mix together. Set aside. Grate the **Cheddar** and **Monterey Jack cheese**.



## Finish and Serve

Serve the **BBQ chicken naanizzas** on plates.

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.