



Zhoug Pulled Chicken on Naan

with Feta and Salad

EXTRA RAPID 10 Minutes • Medium Spice • 1.5 of your 5 a day

N° 12



Baby Plum Tomatoes



Baby Gem Lettuce



Feta Cheese



Coriander



Red Wine Vinegar



Pre-Pulled Chicken



Zhoug Paste



Naan



Mayonnaise

Before you start

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

Basic cooking tools, you will need:

Mixing Bowl, Frying Pan and Baking Tray.

Ingredients

	2P	3P	4P
Baby Plum Tomatoes	1 small punnet	1 small punnet	1 large punnet
Baby Gem Lettuce**	1	2	2
Feta Cheese 7)**	1 block	1½ blocks	2 blocks
Coriander**	1 bunch	1 bunch	1 bunch
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp
Red Wine Vinegar 14)	1 sachet	1 sachet	2 sachets
Pre-Pulled Chicken**	200g	300g	400g
Zhoug Paste	1 sachet	1½ sachets	2 sachets
Naan 7) 13)	2	3	4
Mayonnaise 8) 9)	1 sachet	2 sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	429g	100g
Energy (kJ/kcal)	3475 /831	810 /194
Fat (g)	46	11
Sat. Fat (g)	12	3
Carbohydrate (g)	58	13
Sugars (g)	6	1
Protein (g)	44	10
Salt (g)	3.44	0.80

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 9) Mustard 13) Gluten 14) Sulphites

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



1. Get Prepped

- Preheat your oven to 200°C.
- Halve the **baby plum tomatoes**.
- Trim the root from the **baby gem lettuce** then separate the leaves.
- Crumble the **feta**.
- Roughly chop the **coriander** (stalks and all).
- In a large bowl mix together the **olive oil** (see ingredients for amount) with the **red wine vinegar**, a pinch of **sugar** and season with **salt** and **pepper**.

2. Get Cooking

- Meanwhile, heat a drizzle of **oil** in a large frying pan over high heat.
- Add the **chicken**, season with **salt** and **pepper** and stir fry until heated through, 3 mins.
- Stir in the **zhoug paste** with **half** the **tomatoes** and cook for a further minute until piping hot.
- Meanwhile, pop the **naans** on a baking tray and bake for 2-3 mins.

3. Serve!

- Add the **lettuce** and remaining **tomatoes** to the bowl with the **dressing** and toss to coat.
- Pop the **naans** onto plates, divide the **mayonnaise** between them and spread with the back of a spoon.
- Top with the **zhoug chicken**, scatter over the **feta** and **coriander**.
- Serve with the **salad** 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.