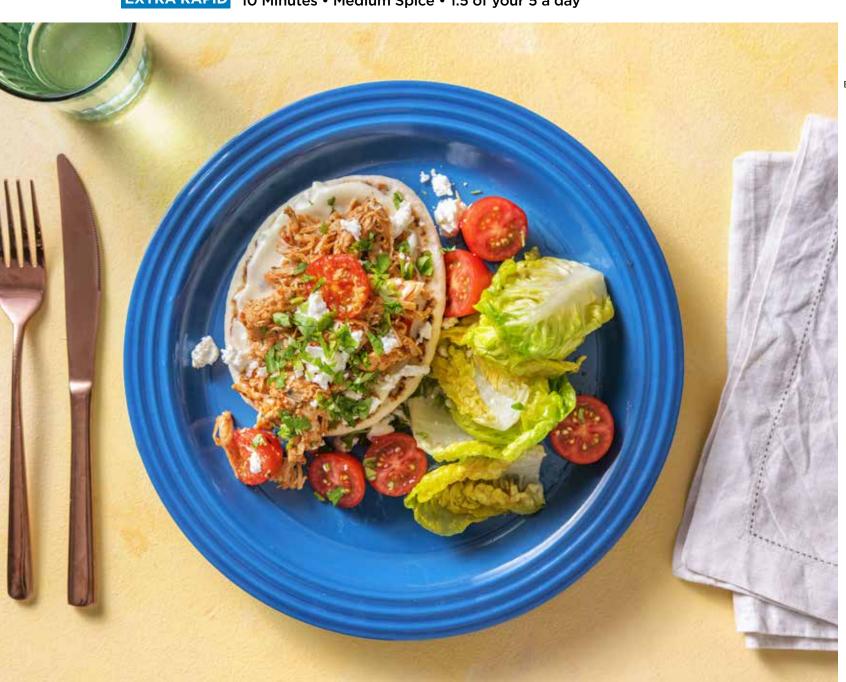


Zhoug Pulled Chicken on Naan

with Feta and Salad

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















Feta Cheese







Pre-Pulled Chicken

Coriander

Red Wine Vinegar



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 Fridae

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

- a) Preheat your oven to 200°C.
- b) Halve the baby plum tomatoes.
- c) Trim the root from the baby gem lettuce then separate the leaves.
- d) Crumble the feta.
- e) Roughly chop the coriander (stalks and all).
- f) 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

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

3. Serve!

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

