



Chermoula Chicken Loaded Naan

with Zhoug Yoghurt, Rocket and Tomato

Customer Favourites 20 Minutes • Mild Spice • 1 of your 5 a day

38



Garlic Clove



Diced Chicken Thigh



Chermoula Spice Mix



Zhoug Style Paste



Greek Style Natural Yoghurt



Medium Tomato



Plain Naan Breads



Rocket



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Olive Oil

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, bowl and frying pan.

Ingredients

| Ingredients | 2P | 3P | 4P |
|----------------------------------|----------|----------|----------|
| Garlic Clove** | 1 | 2 | 2 |
| Diced Chicken Thigh** | 260g | 390g | 520g |
| Chermoula Spice Mix | ½ sachet | ¾ sachet | 1 sachet |
| Zhoug Style Paste | 50g | 75g | 100g |
| Greek Style Natural Yoghurt** 7) | 75g | 120g | 150g |
| Medium Tomato | 2 | 3 | 4 |
| Plain Naan Breads 7) 13) | 2 | 3 | 4 |
| Rocket** | 20g | 30g | 40g |
| Diced Chicken Breast** | 260g | 390g | 520g |

| Pantry | 2P | 3P | 4P |
|-----------------------------|--------|---------|--------|
| Olive Oil for the Dressing* | 1 tbsp | 1½ tbsp | 2 tbsp |

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Custom Recipe | | | |
|-------------------------|---------------|----------|-------------|----------|
| | Per serving | Per 100g | Per serving | Per 100g |
| for uncooked ingredient | 450g | 100g | 450g | 100g |
| Energy (kJ/kcal) | 3460 /827 | 769 /184 | 3199 /765 | 711 /170 |
| Fat (g) | 40.9 | 9.1 | 30.8 | 6.8 |
| Sat. Fat (g) | 8.8 | 2.0 | 5.9 | 1.3 |
| Carbohydrate (g) | 71.3 | 15.8 | 71.0 | 15.8 |
| Sugars (g) | 9.1 | 2.0 | 9.1 | 2.0 |
| Protein (g) | 43.7 | 9.7 | 46.6 | 10.3 |
| Salt (g) | 1.93 | 0.43 | 1.87 | 0.41 |

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 13) Cereals containing gluten

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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1 Marinate the Chicken

a) If you don't have a toaster, heat your oven to 220°C/200°C fan/gas mark 7 for the **naans**. Peel and grate the **garlic** (or use a garlic press).

b) In a medium bowl, add the **diced chicken**, **chermoula spice mix** (add less if you'd prefer things milder), **garlic**, a drizzle of **olive oil** and a third each per person of the **zhoug paste** and the **yoghurt**. Season with **salt** and **pepper**.

c) Mix to coat the **chicken** in the **zhoug** and **yoghurt**. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.**

CUSTOM RECIPE

If you've chosen to get **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



4 Macerate the Tomatoes

a) Meanwhile, pop the **tomato chunks** into a medium bowl. Season with **salt**, **pepper** and a pinch of **sugar** (if you have any).

b) Drizzle in the **olive oil for the dressing** (see pantry for amount).

c) Toss together, then set aside.



2 Finish the Prep

a) Cut the **tomatoes** into 1cm chunks.

b) Heat a drizzle of **oil** in a frying pan on medium-high heat.



5 Finish Up

a) Just before serving, cut the **naans** in half widthways, then put in your toaster until golden.

b) In a small bowl, mix together the remaining **zhoug** and **yoghurt**.

c) Add the **rocket** to the **tomatoes**. Toss to coat.



3 Get Frying

a) Once the **oil** is hot, add the **yoghurt coated chicken** to the pan.

b) Fry until the **chicken** is golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**

c) Taste and season with **salt** and **pepper** if needed.



6 Assemble and Serve

a) When everything's ready, share the **toasted naans** between your plates.

b) Top with the **chermoula chicken**, **tomatoes** and **rocket**.

c) Drizzle over the **zhoug yoghurt** to finish.

Enjoy!