



# Chermoula Chicken Loaded Naan

with Zhoug Yoghurt, Rocket and Tomato

38

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



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	100g	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, preheat your oven to 220°C/200°C fan/gas mark 7. 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 style paste** and the **yoghurt**. Season with **salt** and **pepper**.

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

## CUSTOM RECIPE

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



## 4 Marinate 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.



## 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. Taste and season with **salt** and **pepper** if needed.



## 5 Finish Up

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

b) If you're using the oven, put the **naans** onto a baking tray. Sprinkle with a little **water** and put them into the oven to warm through, 2-3 mins.

c) In a small bowl, mix together the remaining **zhoug style paste** and **yoghurt**.

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



## 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!