

Chermoula Chicken Loaded Naan

with Zhoug Yoghurt, Rocket and Tomato

Customer Favourites

20 Minutes · Mild Spice · 1 of your 5 a day







Garlic Clove

Diced Chicken



Chermoula Spice



Zhoug Style Paste



Greek Style



Medium Tomato Natural Yoghurt



Plain Naan Breads



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	1/2 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				

Mutrition

Nuclicion			Custom Recipe	
Per serving	Per 100g	Per serving	Per 100g	
450g	100g	450g	100g	
3460 /827	769 /184	3199 /765	711/170	
40.9	9.1	30.8	6.8	
8.8	2.0	5.9	1.3	
71.3	15.8	71.0	15.8	
9.1	2.0	9.1	2.0	
43.7	9.7	46.6	10.3	
1.93	0.43	1.87	0.41	
	Per serving 450g 3460 /827 40.9 8.8 71.3 9.1 43.7	Per serving Per 100g 450g 100g 3460/827 769/184 40.9 9.1 8.8 2.0 71.3 15.8 9.1 2.0 43.7 9.7	Per serving 100g serving 450g 100g 450g 3460/827 769/184 3199/765 40.9 9.1 30.8 8.8 2.0 5.9 71.3 15.8 71.0 9.1 2.0 9.1 43.7 9.7 46.6	

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.

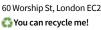
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Marinate the Chicken

- 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.



Finish the Prep

- a) Cut the tomatoes into 1cm chunks.
- **b)** Heat a drizzle of **oil** in a frying pan on medium-high heat.



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.



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.



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.



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!