



Chermoula Chicken Loaded Naan with Zhoug Yoghurt, Rocket and Tomato

Quick 20 Minutes • **Medium Spice**

12



Garlic Clove



Diced Chicken Thigh



Chermoula Spice Mix



Zhoug Style Paste



Greek Style Natural Yoghurt



Medium Tomato



Plain Naan Breads



Wild 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. Ingredients in red are hot!

Cooking tools

Garlic press, bowl, frying pan and baking tray.

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	1	1½	2
Plain Naan Breads 7) 13)	2	3	4
Wild 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	395g	100g	395g	100g
Energy (kJ/kcal)	3423 /818	866 /207	3162 /756	800 /191
Fat (g)	41.0	10.4	30.8	7.8
Sat. Fat (g)	8.9	2.3	5.9	1.5
Carbohydrate (g)	69.6	17.6	69.3	17.5
Sugars (g)	7.4	1.9	7.4	1.9
Protein (g)	43.5	11.0	46.4	11.7
Salt (g)	1.94	0.49	1.87	0.47

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 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** (see ingredients for amount), **garlic**, a drizzle of **olive oil** and **1 tbsp each** of the **zhoug style paste** and **yoghurt** (add less **chermoula** and **zhoug** if you prefer things milder). Season with **salt** and **pepper**.

c) Mix to coat the **chicken** in the **zhoug 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**, prep and cook in the same way.



4 Macerate the Tomato

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 over the **olive oil for the dressing** (see pantry for amount).

c) Toss together, then set aside.



2 Get Chopping

a) Meanwhile, cut the **tomato** into 1cm chunks.

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



5 Bring on the Naans

a) Just before serving, cut the **naans** in half widthways, then put in your toaster until golden. If you're using the oven, put the **naans** onto a baking tray. Sprinkle with a little **water** and pop them into the oven to warm through, 2-3 mins.

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

c) Add the **rocket** to the **tomato chunks**. Toss to coat.



3 Fry Time

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

b) Fry until 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**, **tomato** and **rocket**.

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

Enjoy!