



Chermoula Chicken Loaded Naan

with Zhoug Yoghurt and Rocket & Tomato Salad

Quick 20 Minutes • **Very Hot**

16



Garlic Clove



Diced Chicken Thigh



Greek Style Natural Yoghurt



Zhoug Style Paste



Chermoula Spice Mix



Medium Tomato



Plain Naans



Wild Rocket



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Sugar, 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
Greek Style Natural Yoghurt** 7)	75g	120g	150g
Zhoug Style Paste	50g	75g	100g
Chermoula Spice Mix	½ sachet	¾ sachet	1 sachet
Medium Tomato	1	1½	2
Plain Naans 7) 13)	2	3	4
Wild Rocket**	20g	30g	40g
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp
Olive Oil*	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	396g	100g	395g	100g
Energy (kJ/kcal)	3440 / 822	868 / 208	3162 / 756	800 / 191
Fat (g)	41.0	10.3	30.8	7.8
Sat. Fat (g)	8.9	2.2	5.9	1.5
Carbohydrate (g)	70.6	17.8	69.3	17.5
Sugars (g)	8.4	2.1	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 **garlic, diced chicken, 1 tbsp** each of **yoghurt, zhoug style paste, chermoula spice mix** (see ingredients for amount, add less of both if you'd prefer things milder) and a drizzle of **olive oil**.

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**, cook the recipe in the same way.



4 Make the Zhoug Yoghurt

a) In a small bowl, combine the remaining **zhoug** and **yoghurt**.



2 Macerate the Tomatoes

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

b) In a medium bowl, combine the **tomato, sugar** and **olive oil** (see pantry for both amounts). Season with **salt** and **pepper**, then set aside.



5 Finishing Touches

a) 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) Add the **rocket** to the **tomato** bowl. Toss to coat in the **dressing**.



3 Get Frying

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

b) Once hot, add the **yoghurt-coated chicken** to the pan.

c) Fry until golden brown on the outside and cooked through, 8-10 mins. Taste and season with **salt** and **pepper** if needed. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**



6 Assemble and Serve

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

b) Top with the **rocket and tomato salad** and **chermoula chicken**.

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

Enjoy!