



# Pulled Chicken, Flatbread & Greek Style Cheese Salad with Baby Plum Tomatoes and Garlic Yoghurt

29A

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Lunch 20-25 Minutes • 1 of your 5 a day



British Chicken Thighs



Garlic Clove



Greek Style Flatbreads



Roasted Spice and Herb Blend



Baby Plum Tomatoes



Red Wine Vinegar



Greek Style Natural Yoghurt



Wild Rocket



Greek Style Salad Cheese

**Pantry Items**

Oil, Honey, Salt, Pepper, Olive Oil



## Before you start

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

## Cooking tools

Baking tray, aluminium foil, kitchen scissors and bowl.

## Ingredients

Ingredients	Quantity
British Chicken Thighs**	4
Garlic Clove**	3
Greek Style Flatbreads <b>13</b> )	4
Roasted Spice and Herb Blend	1 sachet
Baby Plum Tomatoes	125g
Red Wine Vinegar <b>14</b> )	12ml
Greek Style Natural Yoghurt** <b>7</b> )	75g
Wild Rocket**	80g
Greek Style Salad Cheese** <b>7</b> )	50g

Pantry	Quantity
Honey*	2 tbsp
Olive Oil for the Dressing*	2 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	4485/1072	794/190
Fat (g)	50.6	9.0
Sat. Fat (g)	16.5	2.9
Carbohydrate (g)	83.7	14.8
Sugars (g)	21.6	3.8
Protein (g)	68.5	12.1
Salt (g)	2.63	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 **14)** Sulphites

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

## Contact

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## Cook your Chicken

**a)** Preheat your oven to 220°C/200°C fan/gas mark 7.

**b)** Lay the **chicken thighs** flat onto a baking tray, drizzle with **oil** and **half the honey** (see pantry for amount), then season with **salt** and **pepper**.

**c)** Oven the oven is hot, roast on the top shelf until browned and cooked through, 16-18 mins.

**IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



## Prep the Salad

**a)** While everything is in the oven, halve the **baby plum tomatoes**.

**b)** In a large bowl, combine the **red wine vinegar**, **olive oil for the dressing** and the remaining **honey** (see pantry for both amounts). Season with **salt** and **pepper**, then add the **tomatoes** to the bowl. Toss to coat, then set aside.



## Roast the Garlic

**a)** Meanwhile, pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it.

**b)** Pop the **garlic parcel** onto the **chicken** baking tray and roast until soft, 10-12 mins.

**c)** Once the **garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.



## Get Shredding

**a)** In a small bowl, combine **half the mashed garlic** with the **Greek style yoghurt**. Season with **salt** and **pepper**, then set aside for now.

**b)** Once cooked, remove the **chicken** from the oven and transfer to a plate. Use two forks to shred the **chicken** as finely as you can.

**c)** Stir the remaining **mashed garlic** and **roasted spice and herb blend** through the **shredded chicken**.



## Bring on the Croutons

**a)** In the meantime, tear the **flatbreads** into roughly 2cm pieces.

**b)** Pop onto a separate baking tray in a single layer. Drizzle with **oil**, season with **salt** and **pepper** and sprinkle over **half the roasted spice and herb blend**. Toss to coat well.

**c)** Bake the **flatbreads** on the middle shelf until golden, 8-10 mins, then remove from the oven and set aside.



## Build your Salad

**a)** Add the **rocket** and **flatbread croutons** to the bowl of **dressed tomatoes**.

**b)** Crumble in **three quarters** of the **Greek style cheese**, then toss to coat. Divide between 2 serving bowls.

**c)** Drizzle the **roasted garlic yoghurt** over your bowls, then top with the **herby shredded chicken**.

**d)** Crumble over the remaining **Greek style salad cheese** to finish.

Enjoy!