



Harissa Chicken Naans

with Roasted Garlic Yoghurt and Rocket

Quick 20-25 Minutes • Mild Spice

45



Garlic Clove



Bell Pepper



Diced British Chicken Thigh



Chermoula Spice Mix



Harissa Paste



Low Fat Natural Yoghurt



Plain Naans



Wild Rocket

Pantry Items
Oil, Salt, Pepper

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

Aluminium foil, baking tray, bowl, frying pan and kitchen scissors.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	1	2	2
Bell Pepper***	1	2	2
Diced British Chicken Thigh**	240g	390g	520g
Chermoula Spice Mix	½ sachet	¾ sachet	1 sachet
Harissa Paste 14)	50g	75g	100g
Low Fat Natural Yoghurt** 7)	75g	112g	150g
Plain Naans 7) 13)	2	3	4
Wild Rocket**	20g	30g	40g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	401g	100g
Energy (kJ/kcal)	3072/734	766/183
Fat (g)	29.9	7.5
Sat. Fat (g)	5.4	1.3
Carbohydrate (g)	73.6	18.3
Sugars (g)	11.0	2.7
Protein (g)	43.6	10.9
Salt (g)	1.80	0.45

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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://www.hellofresh.co.uk) or use our app to rate this recipe

 You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



Get Started

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it.
- Halve the **bell pepper** and discard the core and **seeds**. Slice into thin strips then pop onto a baking tray. Drizzle with **oil** and season with **salt** and **pepper**.
- When the oven is hot, add the **garlic parcel** to the **pepper** tray and roast on the top shelf until soft, 10-12 mins.



Add the Pepper

- Add the **roasted pepper** to the **chicken** pan and keep warm on low heat.



Marinate the Chicken

- Meanwhile, pop the **chicken** into a bowl with the **chermoula**, **harissa paste** (add less of both if you'd prefer things milder), **half** the **yoghurt** and a drizzle of **oil**.
- Season with **salt** and **pepper**. Mix well and set aside. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Mix the Garlic Yoghurt

- Add the remaining **yoghurt** to the **roasted garlic** bowl. Season with **salt** and **pepper**. Mix together and set aside.
- Put the **naans** onto a baking tray.
- Sprinkle with a little **water** and pop them into the oven to warm through, 2-3 mins.



Time to Fry

- Heat a large frying pan on medium-high heat (no oil).
- Once hot, add the **chicken** with its **marinade** and cook, stirring frequently, until golden brown, 8-10 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.
- Once the **veg** is roasted, cut the end of the **garlic** with scissors, squeeze it out of the skin and mash with a fork.



Serve

- Share the **warmed naans** between your plates.
- Top with the **harissa chicken** and drizzle over the **garlic yoghurt**.
- Finish with a scattering of **rocket**.

Enjoy!