



# Spiced Chicken Loaded Naan

with Zhoug Yoghurt and Rocket & Tomato Salad

**Quick** 20 Minutes • **Medium Spice**

16



Garlic Clove



Diced British Chicken Thigh



Roasted Spice and Herb Blend



Zhoug Style Paste



Greek Style Natural Yoghurt



Medium Tomato



Plain Naans



Wild Rocket

**Pantry Items**

Oil, Salt, Pepper, Sugar, Olive Oil

## 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 British Chicken Thigh**	240g	390g	520g
Roasted Spice and Herb Blend	1 sachet	1 sachet	1 sachet
Zhoug Style Paste	45g	67g	90g
Greek Style Natural Yoghurt** 7)	75g	120g	150g
Medium Tomato	1	1½	2
Plain Naans 7) 13)	2	3	4
Wild Rocket**	20g	30g	40g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3378 / 807	877 / 210
Fat (g)	39.2	10.2
Sat. Fat (g)	8.1	2.1
Carbohydrate (g)	71.2	18.5
Sugars (g)	8.5	2.2
Protein (g)	43.2	11.2
Salt (g)	1.81	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, 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

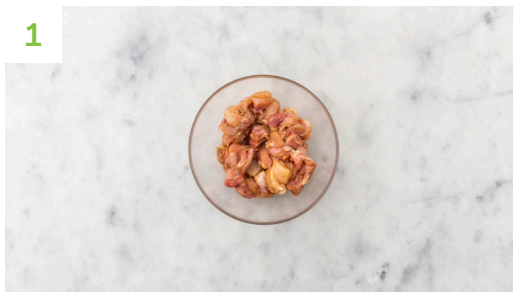
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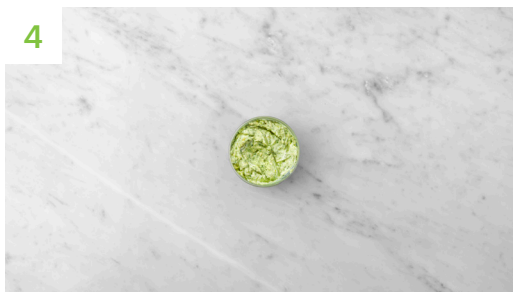


## 1 Marinate the Chicken

- 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, chicken, roasted spice and herb blend**, a drizzle of **olive oil** and **1 tbsp** each of the **zhoug** and **yoghurt** (add less **zhoug** if you prefer things milder).

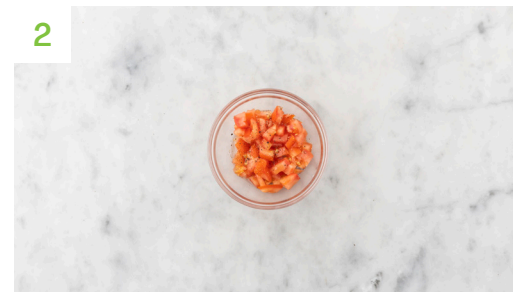
**c)** Mix to coat the **chicken** in the **zhoug yoghurt**.

**IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



## 4 Make the Zhoug Yoghurt

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



## 2 Macerate the Tomatoes

- a)** Meanwhile, cut the **tomato** into 1cm chunks.
- b)** In a medium bowl, combine the **tomato chunks, sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**, then set aside.



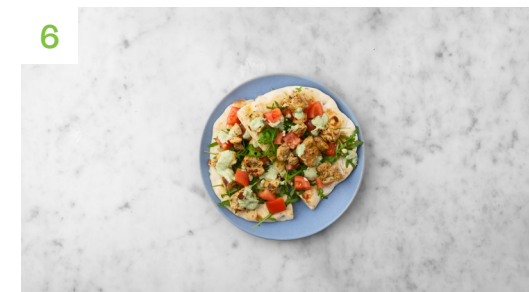
## 5 Finishing Touches

- 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.



## 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 **chermoula chicken** and the **rocket** and **tomato salad**.
- c)** Drizzle over the **zhoug yoghurt** to finish.

Enjoy!