



Chermoula Chicken Loaded Naan

with Zhoug Yoghurt, Rocket and Tomato

Rapid 20 Minutes • Mild Spice

16



Garlic Clove



Diced Chicken Thigh



Chermoula Spice Mix



Zhoug Style Paste



Greek Style Natural Yoghurt



Medium Tomato



Plain Naan



Rocket



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Olive Oil

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on 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.

Cooking tools

Garlic press, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	1	2	2
Diced Chicken Thigh**	280g	350g	420g
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets
Zhoug Style Paste	1 sachet	1½ sachets	2 sachets
Greek Style Natural Yoghurt** 7)	75g	120g	150g
Medium Tomato	2	3	4
Plain Naan 7) 13)	2	3	4
Rocket**	20g	30g	40g
Diced Chicken Breast**	280g	420g	560g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	396g	100g
Energy (kJ/kcal)	2885/690	728/174
Fat (g)	32.0	8.1
Sat. Fat (g)	7.6	1.9
Carbohydrate (g)	59.2	14.9
Sugars (g)	7.5	1.9
Protein (g)	40.0	10.1
Salt (g)	1.66	0.42

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	396g	100g
Energy (kJ/kcal)	2569/614	648/155
Fat (g)	21.1	5.3
Sat. Fat (g)	4.8	1.2
Carbohydrate (g)	59.2	15.0
Sugars (g)	7.5	1.9
Protein (g)	45.4	11.5
Salt (g)	1.66	0.42

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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Marinate the Chicken

- Preheat your oven to 220°C/200°C fan/gas mark 7. Peel and grate the **garlic** (or use a garlic press).
 - In a medium bowl, add the **chicken, chermoula, spice mix, garlic**, a drizzle of **olive oil** and **1 tbsp** each of **zhoug** and **yoghurt**.
 - Season with **salt** and **pepper**. Mix together well.
- IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Macerate the Tomatoes

- Meanwhile, pop the **tomatoes** into a medium bowl. Season with **salt, pepper** and a pinch of **sugar** (if you have any).
- Drizzle in some **olive oil**.
- Toss together, then set aside.



Finish the Prep

- Cut the **tomato** into 1cm pieces.
- Heat a drizzle of **oil** in a frying pan on medium-high heat.



Finish Up

- Sprinkle the **naans** with a little **water** and pop them into the oven to warm through, 2-3 mins.
- Just before serving, add the **rocket** to the **tomatoes**. Toss to coat.
- In a small bowl, mix together the remaining **zhoug** and **yoghurt**.



Get Frying

- Once the **oil** is hot, add the **marinated chicken** to the pan. Discard any remaining marinade.
- 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.
- Taste and season with **salt** and **pepper**.

CUSTOM RECIPE

If you've chosen to get **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



Assemble and Serve

- When everything is ready, share the **naans** between your plates.
- Top with the **chermoula chicken, tomatoes** and **rocket**.
- Drizzle over the **zhoug yoghurt** to finish.

Enjoy!