



Harissa Chicken and Roasted Cauliflower with Tenderstem® Broccoli, Roast Potatoes and Yoghurt Drizzle

Classic Eat Me Early • 30-35 Minutes • Medium Spice • 2 of your 5 a day

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Potatoes



Cauliflower Florets



Chermoula Spice Mix



Diced Chicken Thigh



Tenderstem® Broccoli



Harissa Paste



Low Fat Natural Yoghurt

Recipe Update

Due to quality issues with **green beans**, you'll instead receive **Tenderstem® broccoli**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

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.

Cooking tools

Baking tray and frying pan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Cauliflower Florets**	300g	450g	600g
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets
Diced Chicken Thigh**	210g	350g	390g
Tenderstem® Broccoli**	80g	150g	150g
Harissa Paste	1 sachet	1½ sachets	2 sachets
Low Fat Natural Yoghurt** 7)	75g	120g	150g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	584g 2175 /520	100g 373 /89
Fat (g)	20.4	3.5
Sat. Fat (g)	4.0	0.7
Carbohydrate (g)	53.5	9.2
Sugars (g)	13.0	2.2
Protein (g)	36.5	6.3
Salt (g)	0.86	0.15

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk

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

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Get Roasting

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

Chop the **potatoes** into 2cm chunks. Pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When your oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Add the Tenderstem®

Once the **chicken** is fully cooked, add the **Tenderstem®** to the pan.

Stir-fry for 2-3 mins, then add a splash of **water** to the pan, cover with a lid and allow the **broccoli** to steam until tender, 3-4 mins.



Cauli Time

Meanwhile, halve any large **cauliflower florets**, then arrange on another baking tray. Drizzle with **oil** and season with **salt** and the **chermoula spice mix** (use less if you'd prefer things milder).

Use your hands to rub the **seasoning** all over, then spread out in a single layer.

When the **potatoes** have been in the oven for 10 mins, roast the **cauliflower** on the middle shelf until soft and golden at the edges, 15-20 mins.



Spice It Up

Once cooked, add the **roast potatoes** to the **chicken** and stir in the **harissa paste** (use less if you'd prefer things milder).

Cook for 1 min, stirring to make sure the **chicken** and **veg** are evenly coated.

Season to taste with **salt** and **pepper**, then remove from the heat.



Cook the Chicken

While the **veg** roasts, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once the **oil** is hot, add the **diced chicken** and season with **salt** and **pepper**. Fry until browned all over and cooked through, 8-10 mins.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.

Meanwhile, trim the **Tenderstem® broccoli** and chop into three pieces.



Serve

Share the **harissa chicken and veg** between your bowls.

Top with the **roasted cauliflower** and drizzle over the **yoghurt**.

Enjoy!