



# Honey Glazed Chicken Flatbread

with Sweet Potato Feta Wedges, Harissa Veg and Pickled Red Onion

**Street Food** 45 Minutes • Little Spice • 3 of your 5 a day

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- Sweet Potato
- Smoked Paprika
- Red Onion
- Bell Pepper
- Baby Plum Tomatoes
- Harissa Paste
- Cider Vinegar
- Diced Chicken Thigh
- Honey
- Feta Cheese
- Greek Yoghurt
- Greek Flatbreads
- Coriander



## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Chopping Board, Sharp Knife, Baking Tray, Baking Tray, Three Small Bowls and Frying Pan.

## Ingredients

	2P	3P	4P
Sweet Potato**	1	2	2
Smoked Paprika	1 small pot	1 large pot	2 small pots
Red Onion**	1	1	2
Bell Pepper***	1	1	2
Baby Plum Tomatoes	125g	190g	250g
Harissa Paste	1 sachet	1½ sachets	2 sachets
Cider Vinegar <b>14)</b>	1 sachet	1 sachet	2 sachets
Sugar*	1 tsp	1½ tsp	2 tsp
Diced Chicken Thigh**	280g	420g	560g
Honey	1 sachet	1½ sachets	2 sachets
Feta Cheese <b>7)**</b>	1 block	1½ blocks	2 blocks
Greek Yoghurt <b>7)**</b>	75g	100g	150g
Greek Flatbreads <b>7) 13)</b>	4 pieces	6 pieces	8 pieces
Coriander**	1 bunch	1 bunch	1 bunch

\*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

	Per serving	Per 100g
for uncooked ingredient	775g	100g
Energy (kJ/kcal)	4752/1136	613/147
Fat (g)	45	6
Sat. Fat (g)	17	2
Carbohydrate (g)	118	15
Sugars (g)	35	5
Protein (g)	61	8
Salt (g)	3.11	0.40

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**7)** Milk **13)** Gluten **14)** Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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## Start Your Wedges

Preheat your oven to 200°C. Chop the **sweet potatoes** into 2cm wide wedges (no need to peel). Pop the **wedges** on a large baking tray in a single layer, drizzle with **oil** and **half** of the **smoked paprika**. Then season with **salt** and **pepper**. Toss to coat, then spread out and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.



## Prep

Halve, peel and thinly slice the **red onion**. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Halve the **tomatoes**. On a baking tray, combine the **pepper** and **tomatoes**. Add a drizzle of **oil** and **half** of the **harissa paste**. Season with **salt** and **pepper** and use your hands to coat the **veggies** in the **paste** and **oil**. Roast on the middle shelf of your oven until golden and soft, 20-25 mins.



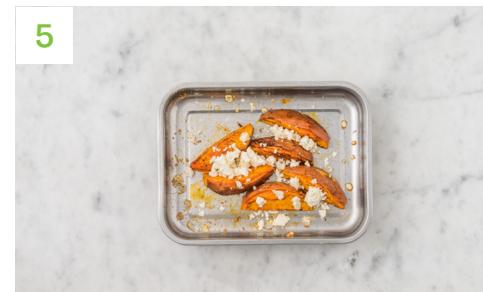
## Pickle Time

Pop **half** the **red onion** in a small bowl and add the **cider vinegar** and the **sugar** (see ingredient list for amount). Add a pinch of **salt**, mix together and set aside.



## Cook the Chicken

Heat a splash of **oil** in a large frying pan over a medium-high heat. When hot, add the **chicken** and cook, stirring occasionally until golden brown all over, 7-10 minutes. Once the **chicken** is golden, add the remaining **smoked paprika** and **honey**, cook until the **chicken** is fully coated and shiny, 2-3 mins. Season with salt. **IMPORTANT: The chicken is cooked when it is no longer pink in the middle, wash your hands and equipment after handling raw meat.**



## Finishing Touches

Crumble the **feta** into a small bowl. Add **half** to the **sweet potato wedges** and bake until it begins to brown 5-10 minutes. In a small bowl combine the **yoghurt** (see ingredients for amount) with the remaining **harissa paste**. Drain your **pickled onions**. Pop the **flatbreads** in the oven until warm and starting to turn golden, 3-4 mins. Alternatively pop them in your toaster if it's easier. Roughly chop the **coriander** (stalks and all).



## Time to Serve

Pop the **flatbreads** on your plates. Spread **half** of the **harissa yoghurt** evenly over the **flatbreads**. Top with the **roasted vegetables** followed by the **glazed chicken**. Sprinkle the **pickled red onions** and remaining **feta** over the **chicken** followed by the **coriander**. Drizzle over the remaining **yoghurt**. Serve the **sweet potato wedges** on the side.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.

