



Harissa Chicken Naans

with Roasted Garlic Yoghurt, Lemony Radish and Lettuce Salad

Rapid 20 Minutes • Little Spice • 1 of your 5 a day

11



Garlic Clove



Aubergine



Lemon



Red Onion



Diced Chicken Thigh



Natural Yoghurt



Harissa Paste



Baby Gem Lettuce



Radish



Garlic Naan

Before you start

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

Cooking tools, you will need:

Baking Tray, Bowl, Spoon, Frying Pan, Wooden Spoon, Plate.

Ingredients

	2P	3P	4P
Garlic Clove	1 clove	2 cloves	2 cloves
Aubergine**	1	2	2
Lemon**	¼	¾	1
Red Onion**	1	1½	2
Diced Chicken Thigh**	210g	350g	420g
Natural Yoghurt 7)**	75g	110g	150g
Harissa Paste	1 sachet	1½ sachets	2 sachets
Baby Gem Lettuce**	1	2	2
Radish**	100g	150g	200g
Garlic Naan 7) 13)	4	6	8
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	620g	100g
Energy (kJ/kcal)	2721 /650	439 /105
Fat (g)	26	4
Sat. Fat (g)	4	1
Carbohydrate (g)	66	11
Sugars (g)	19	3
Protein (g)	35	6
Salt (g)	1.26	0.20

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

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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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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Get Started

- Preheat your oven to 220°C. Peel the **garlic clove(s)**, pop into foil with a drizzle of **oil** and scrunch to enclose it.
- Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 2cm pieces.
- Pop the **aubergine** onto a baking tray. Drizzle the **pepper** with **oil** and season with **salt** and **pepper**. Roast in your oven until soft, 24-30 mins. Add the **garlic** to the baking tray halfway through cooking.



Cook the Chicken

- Heat a large frying pan on medium-high heat. Once hot, add the **chicken** with its **marinade** and cook, stirring frequently, until golden brown, 4-5 mins.
- Add the **red onion** to the **chicken** pan and cook until the **onion** is soft and the **chicken** is cooked through, 4-5 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*
- Once the **garlic** is roasted, transfer to a board and mash with the back of a fork until smooth. Stir the **aubergine** into the **chicken mixture**.



Marinade the Chicken

- Zest and halve the **lemon**. Halve, peel and thinly slice the **red onion**.
- Pop the **chicken** into a bowl with the **lemon zest**, **half** the **yoghurt**, the **harissa paste**, a drizzle of **oil** and season with **salt** and **pepper**.
- Mix well and set aside.



Finish Up

- Pop the remaining **yoghurt** into a small bowl with the mashed **roasted garlic**, **half** the **lemon juice** and season with **salt** and **pepper**. Mix together and set aside.
- Pop the **naans** onto a baking tray and put in the oven until warmed through, 2-3 mins.
- Add the remaining **lemon juice** and **olive oil** (see ingredients for amounts) to the **salad**. Season with **salt** and **pepper** and mix together.



Prep the Salad

- Trim the root from the **baby gem lettuce** then separate the leaves.
- Trim and finely slice the **radishes**. Pop the **lettuce** and **radishes** into a bowl and set aside.



Serve

- Divide the warmed **naans** between your plates.
- Top with the **chicken** and drizzle over the **roasted garlic yoghurt**.
- Serve with the **salad** alongside.

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.