



Honey Harissa Chicken Traybake

with Herby Chips and Greek Salad Cheese Roasted Veg

45

Classic 35-40 Minutes • Mild Spice • 1 of your 5 a day



Potatoes



Dried Oregano



Bell Pepper



Tenderstem® Broccoli



Chicken Thighs



Harissa Paste



Greek Style
Salad Cheese



Chicken Breast

Pantry Items

Oil, Salt, Pepper, Honey, Mayonnaise

CUSTOM RECIPE

If you chose to swap or upgrade your 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. Ingredients in red are hot!

Cooking tools

Baking tray.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Dried Oregano	1 sachet	1½ sachets	2 sachets
Bell Pepper***	1	2	2
Tenderstem® Broccoli**	150g	200g	300g
Chicken Thighs**	3	4	6
Harissa Paste 14	50g	75g	100g
Greek Style Salad Cheese** 7	50g	100g	100g
Chicken Breast**	2	3	4
Pantry	2P	3P	4P
Honey*	2 tbsps	3 tbsps	4 tbsps
Mayonnaise*	2 tbsps	3 tbsps	4 tbsps

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	597g	100g	607g	100g
Energy (kJ/kcal)	3382/808	567/135	2914/697	480/115
Fat (g)	42.6	7.1	26.5	4.4
Sat. Fat (g)	10.6	1.8	5.9	1.0
Carbohydrate (g)	67.5	11.3	66.3	10.9
Sugars (g)	21.1	3.5	21.2	3.5
Protein (g)	43.8	7.3	51.2	8.4
Salt (g)	1.45	0.24	1.47	0.24

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

Allergens

7) Milk **14**) Sulphites

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.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Cook the Chips

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

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel). Pop the **chips** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, sprinkle over the **dried oregano**, then toss to coat.

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

When the oven is hot, bake on the middle shelf until golden, 30-35 mins. Turn halfway through.



Roasting Time

Roast on the top shelf of your oven until the **chicken** is cooked through and the **veg** is tender, 16-18 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Get Prepped

Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

Put the **pepper slices** and **broccoli** onto one side of a large baking tray.

Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.



Drizzle the Honey

Once cooked, drizzle the **honey** (see pantry for amount) over the **chicken**, stirring to coat in the **glaze**.



Flavour the Chicken

Lay the **chicken thighs** flat onto the other side of the **veg** tray and season with **salt** and **pepper**.

Using the back of a spoon, spread the **harissa paste** evenly over the **chicken**. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

CUSTOM RECIPE

If you've chosen to swap to **chicken breast**, prep in the same way. Roast the **chicken** for 25-30 mins instead, until cooked through. Once the **chicken** has cooked for 10 mins, add the **veg** to the tray and cook for the remaining 16-18 mins.



Serve Up

Share the **glazed harissa chicken** between your serving plates with the **chips** and **veg** alongside.

Crumble the **Greek style salad cheese** over the **roasted veg**.

Serve with a dollop of **mayonnaise** (see pantry for amount) alongside for **dipping**.

Enjoy!

CUSTOM RECIPE

Slice each **chicken breast** widthways into 2cm thick slices and serve.