



# Harissa Chicken

with potato wedges and cumin veg

Calorie Smart 30-35 mins • Spicy

16



Chicken Breast



Carrot



Honey



Potatoes



Harissa Paste



Ground Cumin



Yoghurt



Bell Pepper

## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Baking sheet with baking paper

## Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Carrot	1 unit	2 units
Honey	1 sachet	2 sachets
Potatoes	3 units	6 units
Harissa Paste	1 sachet	2 sachets
Ground Cumin	1 sachet	2 sachets
Yoghurt	75 g	150 g
Bell Pepper	1 unit	2 units

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>692.5 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2655 kJ/ 635 kcal	383 kJ/ 92 kcal
Fat (g)	17 g	2.3 g
Sat. Fat (g)	3.8 g	0.5 g
Carbohydrate (g)	78.6 g	11.3 g
Sugars (g)	17.3 g	2.5 g
Protein (g)	43.5 g	6.3 g
Salt (g)	3.2 g	0.4 g

*Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.*

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

Thumbs up or thumbs down?  
Head online or use the app to rate this recipe.



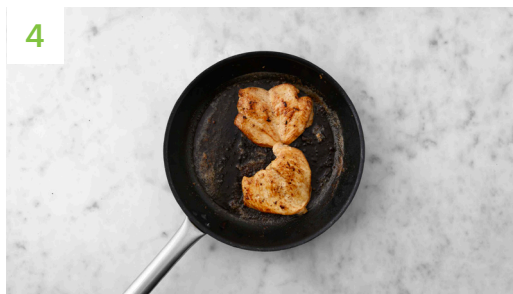
You can recycle me!



### Roast the Wedges

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** into 1cm thick wedges (no need to peel).
- Pop the wedges onto a lined baking tray.
- Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.

**TIP:** Use two baking trays if necessary.



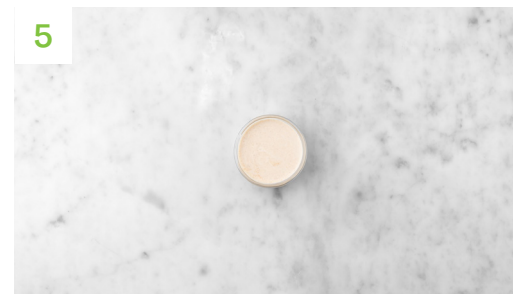
### Fry the Chicken

- Return the pan to medium heat with another drizzle of **oil**.
- Once hot, lay the **chicken** into the pan. Season with **salt** and **pepper**.
- Fry until golden brown and cooked through, 3-6 mins each side.
- Mix **half** the **harissa paste** with a splash of **water**. Pour over the **chicken** and turn until coated and warmed through, 1-2 mins.
- Once cooked, transfer to a plate and allow to rest, 1-2 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.



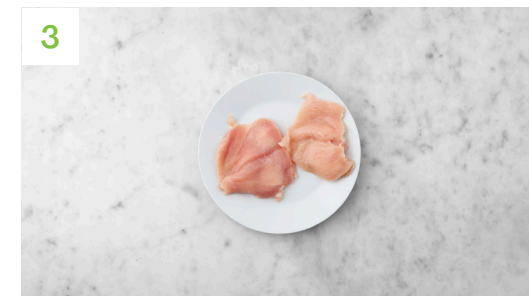
### Char the Veg

- Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Trim the **carrot**, quarter lengthways and chop widthways into small pieces (unpeeled).
- Place a large pan over high heat with a drizzle of **oil**.
- Fry the **carrot** and **pepper** until slightly charred, stirring occasionally, 5-7 mins. Season with **cumin**, **salt** and **pepper**. Remove from the pan. Cover to keep warm.



### Make the Sauce

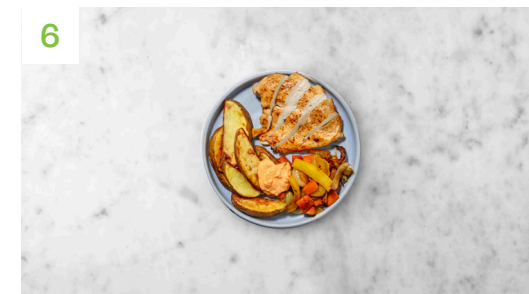
- Meanwhile, mix the **yoghurt** with the remaining **harissa** in a small bowl.
- Season to taste with **salt** and **pepper**.



### Butterfly the Chicken

- Meanwhile, lay the **chicken breast** out on a board.
- Place your hand on top and carefully slice from thicker end to thin point until there are 2cm left (don't slice all the way through).
- Open it up like a book. Repeat with the other **breast(s)**. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.

**TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh.



### Finish and Serve

- When everything is ready, plate up the **chicken** with a drizzle the **honey** over the top.
- Serve the **potato** wedges and **cumin** veg alongside.
- Finish with a generous dollop of the **harissa yoghurt**.

**Enjoy!**