

# Pesto Chicken Loaded Naan

with radish salad

20-25 mins







Diced Chicken Breast





Green Pesto



Radish





Balsamic Glaze



Salad Leaves



Middle Eastern Style Spice Mix





Onion

Pantry Items: Salt, Pepper, Oil, Water



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2024-W39

# 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.

# Ingredients

|                                   | 2P        | 4P        |
|-----------------------------------|-----------|-----------|
| Diced Chicken Breast              | 260 g     | 520 g     |
| Naan                              | 2 units   | 4 units   |
| Green Pesto                       | 60 g      | 120 g     |
| Radish                            | 125 g     | 250 g     |
| Balsamic Glaze                    | 2 sachets | 4 sachets |
| Yoghurt                           | 75 g      | 150 g     |
| Salad Leaves                      | 40 g      | 80 g      |
| Middle Eastern Style Spice<br>Mix | 1 sachet  | 2 sachets |
| Tomato                            | 2 units   | 4 units   |
| Onion                             | 1 unit    | 2 units   |
|                                   |           |           |

#### **Nutrition**

|                          | Per serving            | Per 100g                |
|--------------------------|------------------------|-------------------------|
| for uncooked ingredients | 560.3 g                | 100 g                   |
| Energy (kJ/kcal)         | 2962.3 kJ/<br>708 kcal | 528.7 kJ/<br>126.4 kcal |
| Fat (g)                  | 21 g                   | 3.7 g                   |
| Sat. Fat (g)             | 3.4 g                  | 0.6 g                   |
| Carbohydrate (g)         | 83.3 g                 | 14.9 g                  |
| Sugars (g)               | 17.5 g                 | 3.1 g                   |
| Protein (g)              | 47.2 g                 | 8.4 g                   |
| Salt (g)                 | 4.1 g                  | 0.7 g                   |

Nutrition for uncooked ingredients based on 2 person recipe.

# 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.



# **Get Prepped**

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Halve and peel the onion. Cut each half into 2cm wedges.
- Place a pan over medium-high heat with a drizzle of oil.
- Once hot, add the chicken and onion.
   IMPORTANT: Wash hands and equipment after handling raw chicken and its packaging.
- Season with salt and pepper.

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

- Top the warm **naans** with your **radish** salad and **pesto chicken**.
- Finish with a drizzle of balsamic glaze.

# Enjoy!



### Stir in the Sauce

- Fry the onion and chicken, stirring occasionally, until the chicken is golden brown on the outside and cooked through, 8-10 mins. IMPORTANT: Chicken is cooked when no longer pink in the middle.
- With 1 min left to cook, add the Middle Eastern spice to the pan.
- Remove from the heat and stir in the **yoghurt** and **pesto**.
- · Season to taste with salt and pepper.



### Make the Salad

- Meanwhile, trim and quarter the **radish**.
- · Cut the tomato into 2cm chunks.
- In a salad bowl, mix the tomato and radish with a drizzle of oil, ½ tsp salt (double for 4p) and pepper.
- Just before serving, add the salad leaves to the bowl and toss to combine.
- Place naans onto a baking tray. Sprinkle with a little water and pop them into the oven to warm,
   2-3 mins.



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