



Harissa Chicken

with potato wedges and cumin veg

Classic 40-45 mins • Spicy

1



Chicken Thigh



Bell Pepper



Carrot



Onion



Potatoes



Harissa Paste



Ground Cumin



Yoghurt

Before you start

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

Cooking tools you will need

Baking Sheet with Baking Paper

Ingredients

	2P	4P
Chicken Thigh	400 g	800 g
Bell Pepper	1 unit	2 units
Carrot	1 unit	2 units
Onion	1 unit	2 units
Potatoes	400 g	800 g
Harissa Paste	1 sachet	2 sachets
Ground Cumin	2 sachets	4 sachets
Yoghurt	75 g	150 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	684.5 g	100 g
Energy (kJ/kcal)	2675.3 kJ/ 639.4 kcal	390.8 kJ/ 93.4 kcal
Fat (g)	24.9 g	3.6 g
Sat. Fat (g)	6.3 g	0.9 g
Carbohydrate (g)	59.4 g	8.7 g
Sugars (g)	15.9 g	2.3 g
Protein (g)	43.8 g	6.4 g
Salt (g)	1.5 g	0.2 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.

Contact

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



You can recycle me!



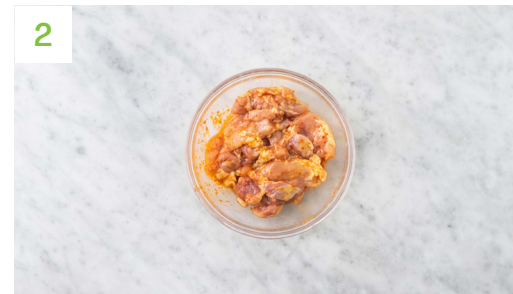
Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Halve the **bell pepper** and discard the core and seeds. Slice into thin strips. Trim the **carrot** and slice into 1cm thick rounds. Halve, peel and slice the **onion** into 2cm wedges.
- Chop the **potatoes** into 2cm wide wedges (no need to peel).



Add the Veg

- Meanwhile, pop the **pepper, carrot** and **onion** onto another lined baking tray.
- Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over the **cumin**. Toss to coat, then spread out in a single layer.
- After the wedges have roasted for 10 mins add the veg to the oven to roast until softened, 25-30 mins. Turn the veg halfway through.



Marinate the Chicken

- Pop the **chicken** into a large bowl with three-quarters of the **harissa paste**.
- Drizzle with **oil** and season with **salt** and **pepper**, then mix well until evenly coated. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Fry the Chicken

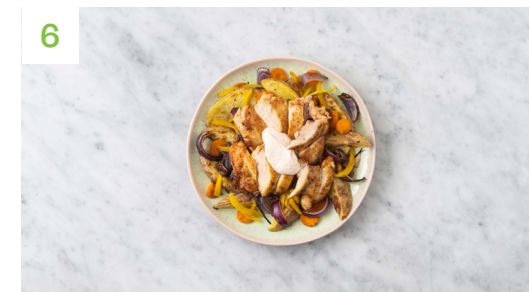
- Meanwhile, heat a large pan on medium-high heat (no oil). Once hot, lay the **chicken** flat in the pan.
- Fry until browned on each side and cooked through, 15-18 mins. Turn every 3-5 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.
- Once cooked transfer the **chicken** to a board and leave to rest for a couple of minutes.



Roast the Potatoes

- Pop the **potato** 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 middle shelf until golden, 30-40 mins. Turn halfway through.

TIP: Use two baking trays if necessary.



Dish Up

- While everything roasts, mix the **yoghurt** with the remaining **harissa** in a small bowl. Season to taste with **salt** and **pepper**, then set aside.
- When everything is ready divide the **potatoes** and veg between your plates.
- Thinly slice the **chicken** and serve on top.
- Spoon over the **harissa yoghurt** to finish.

Enjoy!