



Harissa Spiced Chicken Steaks

with sweet potato wedges and parsley carrots

40-45 mins • Spicy

1



Chicken Breast



Garlic



Red Wine Vinegar



Harissa Paste



Sweet Potato



Parsley



Carrot



Cherry Tomatoes



Middle Eastern Style
Spice Mix

Pantry Items: Oil, Salt, 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

Aluminum foil, baking sheet with baking paper, grater

Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Garlic	1 unit	2 units
Red Wine Vinegar	1 sachet	2 sachets
Harissa Paste	1 sachet	2 sachets
Sweet Potato	1 unit	2 units
Parsley	5 g	10 g
Carrot	1 unit	2 units
Cherry Tomatoes	125 g	250 g
Middle Eastern Style Spice Mix	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	487 g	100 g
Energy (kJ/kcal)	1719.6 kJ/ 411 kcal	353.1 kJ/ 84.4 kcal
Fat (g)	8.7 g	1.8 g
Sat. Fat (g)	1.6 g	0.3 g
Carbohydrate (g)	44.4 g	9.1 g
Sugars (g)	13.3 g	2.7 g
Protein (g)	39.2 g	8 g
Salt (g)	1.8 g	0.4 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.

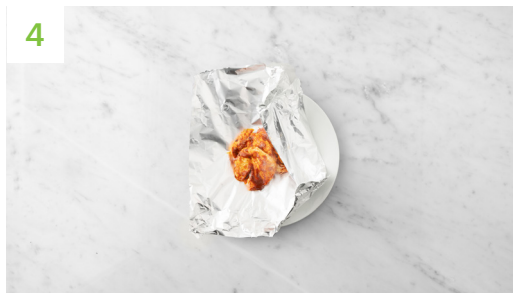


You can recycle me!



Cook the Wedges

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Chop the **sweet potato** into 2cm wide wedges (no need to peel).
- Pop the wedges onto a lined baking tray. Drizzle with **oil** then season with **salt** and **pepper**.
- Toss to coat, then spread out in a single layer and roast on the top shelf of your oven until golden, 25-35 mins. Turn halfway through cooking.



Add the Harissa

- Once the **chicken** is cooked, remove from the pan. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Spread **harissa paste** over the top of each **chicken** steak using the back of a spoon.
- Cover with foil and leave to the side to rest.
- Finely chop the **parsley** (stalks and all).
- To a medium bowl add the **red wine vinegar**, 1 tbsp **oil** (double for 4p) and **half** the **parsley**. Season with **salt** and **pepper**, mix to combine and set aside.



Get Prepped

- Meanwhile, halve **cherry tomatoes**. Peel and grate **garlic** (or use a garlic press).
- Trim **carrot** then halve lengthways (no need to peel). Chop into 1cm wide, 5cm long batons.
- Pop **carrots** onto a large (lined) baking tray. Drizzle with **oil** then season with **Middle Eastern spice**, **salt** and **pepper**. Toss to coat.
- Spread out in a single layer. Roast until tender, 20-25 mins. Turn halfway through.
- Place a large pan over medium-high heat with a drizzle of **oil**.



Coat the Carrots

- Return the pan to high heat (add a drizzle of **oil** if the pan is dry).
- Add the **tomatoes** and **garlic** and fry for 2-3 mins then remove from the heat.
- Add the roasted **carrots** to the pan along with the **parsley** dressing.
- Toss to coat.



Fry the Chicken

- Place one hand on top of the **chicken**. Slice through horizontally to make two **steaks**. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.
- Once pan is hot, add **chicken**. Season with **salt** and **pepper**.
- Fry until cooked through, 3-6 mins each side.

TIP: Notice a stronger smell from your chicken? Don't worry, this is due to vacuum packing used to keep it fresh and is normal. It will still be delicious once cooked!

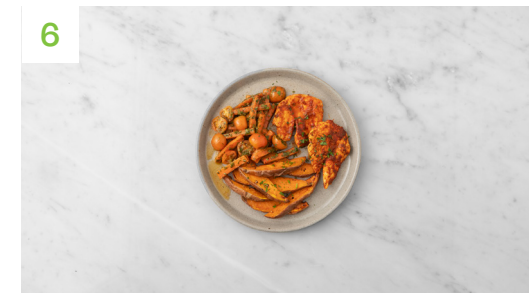


Plate and Serve

- Serve the **chicken** on plates with the **sweet potato** wedges and **parsley** veg alongside.
- Drizzle over any juices from the foil.
- Finish with a sprinkle of the remaining **parsley**.

Enjoy!