

Spicy Chicken Tacos

with harissa beans and chips

Quick Cook 25-30 mins • Spicy

18



Diced Chicken Breast



Ras-el-Hanout



Dried Chilli Flakes



Yoghurt



Red Kidney Beans



Tortilla



Potatoes



Harissa Paste



Tomato



Sweet Chilli Sauce

Pantry Items: Salt, Pepper, Oil



Rate your recipe!

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, sieve

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Ras-el-Hanout	1 sachet	2 sachets
Dried Chilli Flakes	2 sachets	4 sachets
Yoghurt	75 g	150 g
Red Kidney Beans	1 pack	2 packs
Tortilla	8 units	16 units
Potatoes	3 units	6 units
Harissa Paste	1 sachet	2 sachets
Tomato	2 units	4 units
Sweet Chilli Sauce	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	869 g	100 g
Energy (kJ/kcal)	4384.8 kJ/ 1048 kcal	504.6 kJ/ 120.6 kcal
Fat (g)	24.6 g	2.8 g
Sat. Fat (g)	8.7 g	1 g
Carbohydrate (g)	145.1 g	16.7 g
Sugars (g)	16.5 g	1.9 g
Protein (g)	57.8 g	6.7 g
Salt (g)	6 g	0.7 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.

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Make the Chips

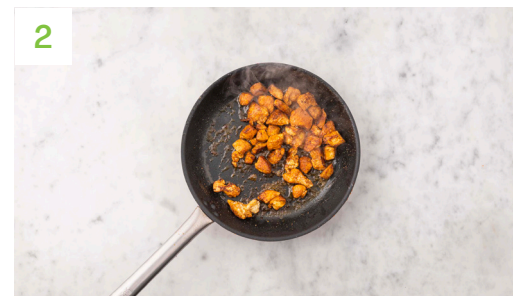
- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** lengthways into 1cm slices, then into 1cm chips (peeling optional).
- Pop the chips onto a large (lined) baking tray. Drizzle with **oil**, season well with **salt** and **pepper**.
- Toss to coat and spread out in a single layer.
- When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.

TIP: Use two baking trays if necessary.



Cook the Beans

- Return the pan to medium-high heat with a drizzle of **oil**.
- Once hot, add the **beans**.
- Fry until warmed through, stirring regularly, 3-4 mins.
- Stir through the **harissa paste**. Season to taste with **salt** and **pepper**.



Fry the Chicken

- Toss the **chicken** with **salt**, **pepper**, **ras-el-hanout** and a drizzle of **oil**.
- Place a pan over a medium-high heat.
- Fry the **chicken** until cooked through, 8-10 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken. Chicken is cooked when no longer pink in the middle.
- Once cooked, remove from the pan and cover to keep warm.

TIP: Notice a stronger smell from your chicken? Don't worry! This is normal due to packaging used to keep it fresh.



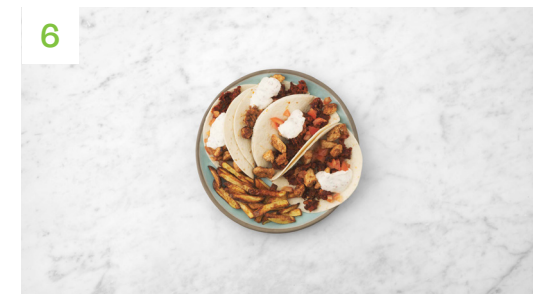
Warm the Tortillas

- Pop the **tortillas** into the oven to warm, 1-2 mins.
- Mix the **chilli flakes** (use less if you don't like spice) and **yoghurt** together in a small bowl.



Get Prepped

- Meanwhile, drain and rinse the **kidney beans** in a sieve.
- Mash the **beans** with a fork (or potato masher). Season with **salt** and **pepper**.
- Chop the **tomato** into 2cm chunks.



Garnish and Serve

- To assemble your tacos, divide the warmed **tortillas** between plates.
- Top with the **chicken**, **beans**, **tomato** and a dollop of **chilli yoghurt**.
- Finish with a drizzle of **sweet chilli sauce**.
- Serve the **chicken** tacos with the chips alongside.

Enjoy!