



# Harissa Spiced Chicken Steaks

with sweet potato wedges and broccoli

Calorie Smart 40-45 mins • Spicy

20



Chicken Breast



Garlic



Harissa Paste



Sweet Potato



Parsley



Middle Eastern Style Spice Mix



Broccoli

Pantry Items: Oil, Salt, Pepper, Water, Butter



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## 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

Aluminium foil, baking sheet with baking paper, grater, pan with lid

## Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Garlic	2 units	4 units
Harissa Paste	1 sachet	2 sachets
Sweet Potato	2 units	4 units
Parsley	5 g	10 g
Middle Eastern Style Spice Mix	1 sachet	2 sachets
Broccoli	1 unit	1 unit

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	564.5 g	100 g
Energy (kJ/kcal)	2096.2 kJ/ 501 kcal	371.3 kJ/ 88.8 kcal
Fat (g)	9.4 g	1.7 g
Sat. Fat (g)	1.6 g	0.3 g
Carbohydrate (g)	63 g	11.2 g
Sugars (g)	14.5 g	2.6 g
Protein (g)	45.1 g	8 g
Salt (g)	1.8 g	0.3 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

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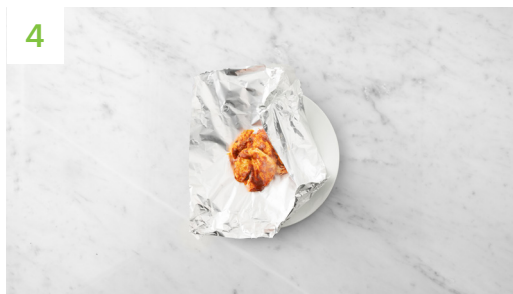


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## Cook the Wedges

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **sweet potato** into 2cm wide wedges (no need to peel).
- Pop the wedges onto a lined baking tray.
- Toss with **Middle Eastern spice, salt, pepper** and a drizzle of **oil**.
- Spread out in a single layer then roast on the top shelf of your oven until golden, 25-35 mins. Turn halfway through cooking.



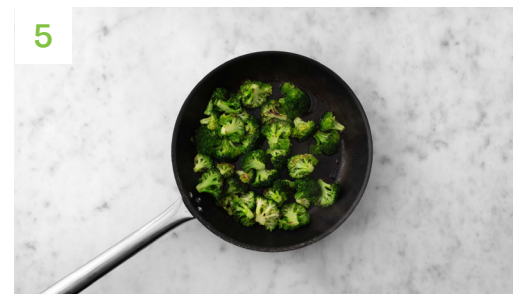
## Add the Harissa

- Once the **chicken** is cooked, add the **harissa** and 2 tbsp **butter** to the pan. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Use a spoon to baste the **chicken** with the **harissa butter** before removing it from the pan.
- Cover with foil to keep warm.



## Get Prepped

- Trim the tip of the **broccoli**. Cut head into small florets and stem into 2cm pieces.
- Peel and grate the **garlic** (or use a garlic press).
- Finely chop the **parsley** (stalks and all).



## Char the Broccoli

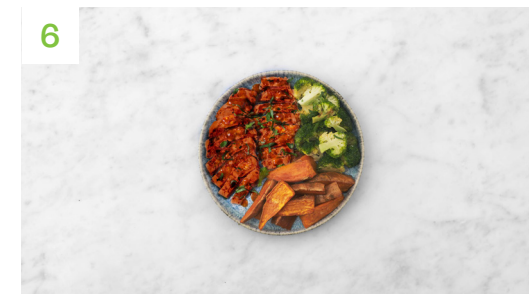
- Return the pan to high heat (with a drizzle of **oil** if required).
- Once hot, add the **broccoli** and fry for 2-3 mins.
- Stir in the **garlic**, lower the heat to medium and cook for 1 min.
- Add a splash of **water** and immediately cover with a lid or some foil.
- Cook until the **broccoli** is tender, 4-5 mins.



## 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.
- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **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 packaging used to keep it fresh.



## Plate and Serve

- Divide your **harissa** spiced **chicken** between plates.
- Serve the **sweet potato** wedges and garlicky **broccoli** alongside.
- Drizzle over any juices that remain in the foil.
- Finish with a sprinkling of **parsley**.

**Enjoy!**