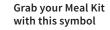


Honey Chicken & Haloumi Gyros with Garlic Yoghurt & Oven-Baked Fries

TAKEAWAY FAVES















Radish







Garlic & Herb

Diced Chicken





Mini Flour

Tortillas

Yoghurt



Baby Spinach Leaves





Prep in: 25-35 mins Ready in: 30-40 mins

Eat Me Early

garlic and herb chicken, spinach and feta. The serving of baked fries isn't just a side dish tonight, try adding a few to the gyros to bring everything together.

Pantry items

Olive Oil, Honey, Vinegar (White Wine or Balsamic)

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
garlic	2 cloves	4 cloves		
radish	2	3		
haloumi/ grill cheese	1 packet	2 packets		
diced chicken	1 packet	1 packet		
garlic & herb seasoning	1 medium sachet	1 large sachet		
Greek-style yoghurt	1 medium packet	1 large packet		
honey*	1 tsp	2 tsp		
mini flour tortillas	6	12		
baby spinach leaves	1 medium bag	1 large bag		
vinegar* (white wine or balsamic)	drizzle	drizzle		
beef strips**	1 small packet	2 small packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3968kJ (948Cal)	600kJ (143Cal)
Protein (g)	71.1g	10.8g
Fat, total (g)	36.9g	5.6g
- saturated (g)	22.5g	3.4g
Carbohydrate (g)	82.4g	12.5g
- sugars (g)	21.8g	3.3g
Sodium (mg)	2006mg	303mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4108kJ (982Cal)	646kJ (154Cal)
Protein (g)	66.4g	10.4g
Fat, total (g)	42.8g	6.7g
- saturated (g)	25g	3.9g
Carbohydrate (g)	82.4g	13g
- sugars (g)	21.8g	3.4g
Sodium (mg)	1994mg	314mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.





Bake the fries

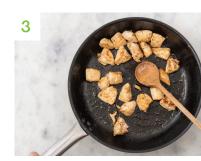
- Preheat oven to 240°C/220°C fan-forced.
 Cut potato into fries.
- Place fries on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Spread out evenly, then bake until tender, 20-25 minutes.



Get prepped

- Finely chop garlic. Thinly slice radish.
 Slice haloumi into sticks.
- In a medium bowl, combine diced chicken, garlic & herb seasoning and a drizzle of olive oil.
- In a large frying pan, heat a drizzle of olive
 oil over medium-high heat. Cook garlic until
 fragrant, 1 minute. Transfer garlic oil to a small
 bowl, then add Greek-style yoghurt and stir to
 combine. Season to taste.

Custom Recipe: If you've swapped from diced chicken to beef strips, drain excess liquid from beef strip packaging. Flavour beef in the same way as above.



Cook the chicken

- Return the frying pan to medium-high heat with a drizzle of olive oil. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes.
- Remove from heat, then add the honey and toss chicken to coat. Transfer to a plate.

TIP: Chicken is cooked through when it's no longer pink inside.

Custom Recipe: Heat the pan as above. When oil is hot, cook beef strips in batches, tossing, until browned and cooked through, 1-2 minutes. Return all beef to the pan before continuing with step.



Cook the haloumi

 Wipe out the frying pan, then return to medium-high heat with a drizzle of olive oil.
 Cook haloumi, until golden brown, 1-2 minutes each side.



Heat the tortillas

- Meanwhile, microwave mini flour tortillas on a plate in 10 second bursts until warmed through.
- In a second medium bowl, combine baby spinach leaves, radish and a drizzle of vinegar and olive oil. Season.



Serve up

- Top tortillas with radish salad, honey chicken, haloumi, fries and some garlic yoghurt.
- Serve with any remaining fries and garlic yoghurt. Enjoy!

