

Honey Chicken & Haloumi Gyros

with Garlic Yoghurt & Oven-Baked Fries

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Potato



Garlic



Radish



Haloumi/
Grill Cheese



Diced Chicken



Garlic & Herb
Seasoning



Greek-Style
Yoghurt



Mini Flour
Tortillas




Baby Spinach
Leaves



Beef Strips

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

 Eat Me Early

A beloved dish from the Mediterranean is hitting your table tonight. Wrap up a bunch of flavours in a toasty flatbread, such as 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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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

	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.

We're here to help!

Scan here if you have any questions or concerns



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1



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**.

4



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.

2



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.

5



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.

3



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.

6



Serve up

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

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