



# Paprika Chicken Flatbread

with Zucchini & Cheddar



Cook shredded chicken



Free-Range Chicken Thigh



Sweet Paprika



Zucchini



Carrot



Brown Onion



Cheddar Cheese



Tomato Paste



Italian Herbs



Flatbread

Pantry Staples



Olive Oil



Water



Salt

Hands-on: 20 mins  
Ready in: 30 mins

Eat me early

Think pulled chicken can only be mastered with a slow cooker? Think again! This simple technique results in the perfect topping for easy, tasty weeknight flatbread.

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **two medium bowls, medium frying pan, oven tray lined with baking paper, two forks, vegetable peeler, chef's knife, chopping board, box grater, small bowl** and a **spoon**.



### 1 MARINATE THE CHICKEN

Preheat the oven to **220°C/200°C fan-forced**. Place the **free-range chicken thigh** into a medium bowl and add the **sweet paprika** and a **pinch** of **salt** and **pepper**. Toss to coat the chicken.



### 2 COOK THE CHICKEN

Heat a **drizzle** of **olive oil** in a medium frying-pan over a high heat. Once hot, add the **chicken thigh** and cook for **2 minutes** each side, or until lightly browned. Transfer the chicken to the oven tray lined with baking paper and place in the oven to cook for **6-8 minutes**, or until cooked through. Remove the chicken from the oven and shred using two forks. **TIP:** Roughly chop the chicken if you are short on time.



### 3 GET PREPPED

Using a vegetable peeler, peel the **zucchini** and the **carrot** into ribbons. Finely slice the **brown onion**. Grate the **Cheddar cheese**.



### 4 ADD FLAVOUR TO THE TOMATO PASTE

In a small bowl, combine the **tomato paste**, a **drizzle** of **olive oil**, the **Italian herbs**, the **warm water** (check ingredients list for the amount), the **salt** (use suggested amount) and a **pinch** of **pepper**. Stir to combine.



### 5 BAKE THE FLATBREAD

Lay the **flatbread** on a flat surface, rough side down. Spread the **tomato paste mixture** across the base of the flatbread using the back of a spoon. Top with the **zucchini** and **carrot** ribbons, the **red onion**, the **shredded chicken** and the **Cheddar cheese**. Place in the oven directly onto the wire racks and cook for **10 minutes**, or until the cheese is melted and golden.



### 6 SERVE UP

Cut the paprika chicken flatbread in half and divide between plates.

*Enjoy!*

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
free-range chicken thigh	1 packet	1 packet
sweet paprika	1 sachet (2 tsp)	2 sachets (1 tbs)
zucchini	1	2
carrot	1	2
brown onion	1	2
Cheddar cheese	1 block (50 g)	2 blocks (100 g)
tomato paste	2 sachets (½ cup)	4 sachets (¾ cup)
Italian herbs	1 sachet (2 tsp)	2 sachets (4 tsp)
warm water*	1 tbs	2 tbs
salt*	¼ tsp	½ tsp
flatbread	6	12

\*Pantry Items | This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	4180kJ (999Cal)	585kJ (140Cal)
Protein (g)	60.0g	8.4g
Fat, total (g)	39.8g	5.6g
- saturated (g)	12.0g	1.7g
Carbohydrate (g)	90.9g	12.7g
- sugars (g)	19.1g	2.7g
Sodium (g)	1490mg	209mg

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