



# Peri-Peri Chicken & Caramelised Onion Pita

with Smokey Aioli & Fries

NEW

KID FRIENDLY

Grab your meal kit with this number

40



Potato



Brown Onion



Chicken Thigh



Peri-Peri Seasoning



Pita Bread



Cheddar Cheese



Rocket Leaves



Smokey Aioli



Chicken Thigh



Haloumi

Prep in: 20-30 mins  
Ready in: 30-40 mins

Eat Me Early

Making their glorious debut on the HelloFresh menu, please welcome to the stage; pita bread! Packed to the brim with peri-peri chicken, cheese, rocket and caramelised onion, you'll be super glad to make this newbie a regular!

### Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

## You will need

Two oven trays lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
brown onion	1	2
<b>balsamic vinegar*</b> (for the onion)	1 tbs	2 tbs
<b>water*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	1 tsp	2 tsp
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
peri-peri seasoning	1 sachet	2 sachets
pita bread	2	4
Cheddar cheese	1 medium packet	1 large packet
rocket leaves	1 small packet	2 small packets
<b>balsamic vinegar*</b> (for the salad)	drizzle	drizzle
smokey aioli	1 packet	2 packets

### \*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3600kJ (860cal)	328kJ (78cal)
Protein (g)	52g	4.7g
Fat, total (g)	33.4g	3g
- saturated (g)	8.8g	0.8g
Carbohydrate (g)	85.4g	7.8g
- sugars (g)	20.4g	1.9g
Sodium (mg)	1505mg	137.1mg
Dietary Fibre (g)	13.2g	1.2g

The quantities provided above are averages only.

## Allergens

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

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/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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## 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.
- Bake until golden and tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide the fries between two trays.



## Cook the chicken

- Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- Cook **chicken thigh**, turning occasionally, until browned and cooked through, **10-14 minutes**.
- In the last **2 minutes** of cook time, sprinkle over **peri-peri seasoning**, turning **chicken** to coat.

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



## Get prepped

- Meanwhile, thinly slice **brown onion**.

**Little cooks:** Don your goggles and have a go at peeling off the onion's outer layer!



## Toast the pita bread

- While the chicken is cooking, microwave **pita bread** on a microwave-safe plate for **1 minute**, until warmed through.
- Halve **pita bread** and fill with **Cheddar cheese**.
- Bake **pita bread** on the second lined oven tray until the cheese is melted, **2-3 minutes**.

**Little cooks:** Help fill the pita bread with the cheese!



## Caramelize the onion

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **onion**, stirring regularly, until softened, **5-6 minutes**.
- Reduce heat to medium. Add the **balsamic vinegar (for the onion)**, **water** and **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.



## Serve up

- In a medium bowl, combine **rocket leaves** and a drizzle of **balsamic vinegar (for the salad)** and olive oil.
- Slice chicken.
- Fill pita bread with rocket, peri-peri chicken and caramelised onions.
- Serve with fries and **smokey aioli**. Enjoy!

**Little cooks:** Take the lead by tossing the rocket and filling the pita!

### CUSTOM OPTIONS

#### + DOUBLE CHICKEN THIGH

Follow method above, cooking in batches if necessary.

#### + ADD HALOUMI

Cut into 1cm-thick slices. Cook with a drizzle of olive oil until golden brown, 1-2 minutes each side.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

