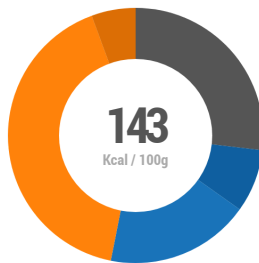
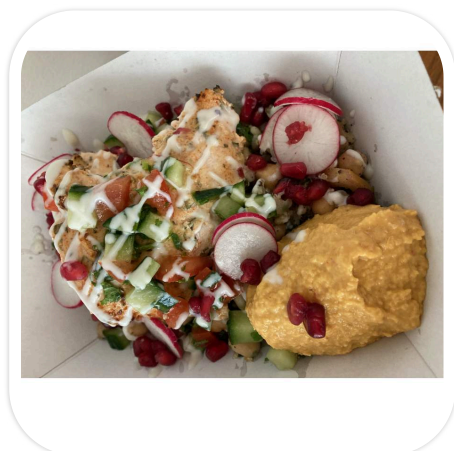


# Sweet Harissa Chicken & Moroccan Chickpea Salad

OVERVIEW ...



CALORIES:

26.3% Carbs

26.8% Protein

46.9% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



MILK



SESAME

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

118363 Halal British Chicken Inner Fillets.. - BRAKES

118363 CHICKEN

BRAKES

80g

0.03 x Each

unchanged

113113 Spicentice Harissa Rub..

HARISSA RUB SPICENTICE

BRAKES

10g

Each

N/A

74550 Brakes Low Fat Natural Yogurt..

LOW FAT NATURAL YOGURT

BRAKES

10g

unchanged

113882 Premium Large Mint Bunch (19 Oct 2023)..

PREMIUM LARGE MINT BUNCH FRESH DIRECT

BRAKES

5g

N/A

136340 Delphi Spicy Chickpea & Mediterranean Vegetable Salad..

SPICY CHICKPEA & MEDITERANIAN VEG SALAD

BRAKES

100g

unchanged

450149 Pomegranate (19 Oct 2023)..

POMEGRANATE

BRAKES

5g

unchanged

148955 Radish..

RADISH

BRAKES


5g





unchanged

|  |        |      |           |
|--|--------|------|-----------|
| 113885 Herb Bunched Coriander (19 Oct 2023)..<br>HERB BUNCHED CORIANDER FRESH DIRECT | BRAKES | 5g   | N/A       |
| 10357 Plum Tomatoes..<br>TOMATOES  | BRAKES | 30g  | unchanged |
| 10230 Cucumber..<br>CUCUMBER FRESH DIRECT  | BRAKES | 30g  | unchanged |
| 114218 Lemons (19 Oct 2023)..<br>LEMONS FRESH DIRECT                                 | BRAKES | 0.5g | unchanged |
| 100262 Extra Virgin Olive Oil..<br>EXTRA VIRGIN OLIVE OIL                            | BRAKES | 5g   | unchanged |
| 121395 Sysco Classic Smoked Houmous with Harissa..<br>SMOKED HOUMOUS WITH HARISSA    | BRAKES | 35g  | N/A       |

PRODUCTS / PACK SIZES ...

**1 Serving**



  
  
 321g / 475kcal  
 # 1.0

SUSTAINABILITY & FOOTPRINT...

Component Grade Contribution

**Food Production**

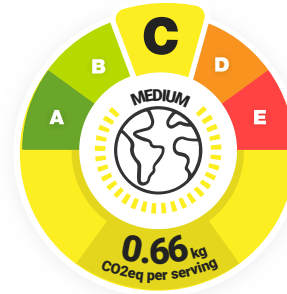
**0.66kg**

|       |  |   |        |
|-------|--|---|--------|
| 80.0g | 118363 Halal British Chicken Inner Fillets                 | B | 0.29kg |
| 10.0g | 113113 Spicentice Harissa Rub                              | D | 0.09kg |
| 10.0g | 74550 Brakes Low Fat Natural Yogurt                        | B | 0.02kg |
| 5.00g | 113882 Premium Large Mint Bunch (19 Oct 2023)              | A | 0.00kg |
| 100g  | 136340 Delphi Spicy Chickpea & Mediterranean Vegetable ... | A | 0.07kg |
| 5.00g | 450149 Pomegranate (19 Oct 2023)                           | B | 0.01kg |
| 5.00g | 148955 Radish  | A | 0.00kg |
| 5.00g | 113885 Herb Bunched Coriander (19 Oct 2023)                | B | 0.01kg |
| 30.0g | 10357 Plum Tomatoes  | A | 0.03kg |
| 30.0g | 10230 Cucumber   | A | 0.01kg |
| 0.50g | 114218 Lemons (19 Oct 2023)                                | A | 0.00kg |
| 5.00g | 100262 Extra Virgin Olive Oil                              | B | 0.01kg |
| 35.0g | 121395 Sysco Classic Smoked Houmous with Harissa           | B | 0.12kg |

**Water Usage**

**424l**

|       |  |    |       |
|-------|--|----|-------|
| 80.0g | 118363 Halal British Chicken Inner Fillets                 | 5  | 266l  |
| 10.0g | 113113 Spicentice Harissa Rub                              | X  | -     |
| 10.0g | 74550 Brakes Low Fat Natural Yogurt                        | 4  | 16.6l |
| 5.00g | 113882 Premium Large Mint Bunch (19 Oct 2023)              | 1  | 1.44l |
| 100g  | 136340 Delphi Spicy Chickpea & Mediterranean Vegetable ... | X  | -     |
| 5.00g | 450149 Pomegranate (19 Oct 2023)                           | 2  | 4.83l |
| 5.00g | 148955 Radish  | X  | -     |
| 5.00g | 113885 Herb Bunched Coriander (19 Oct 2023)                | 9  | 41.4l |
| 30.0g | 10357 Plum Tomatoes  | 2  | 21.4l |
| 30.0g | 10230 Cucumber   | X  | -     |
| 0.50g | 114218 Lemons (19 Oct 2023)                                | 2  | 0.32l |
| 5.00g | 100262 Extra Virgin Olive Oil                              | 10 | 72.1l |
| 35.0g | 121395 Sysco Classic Smoked Houmous with Harissa           | X  | -     |



**foodprint**



70% Data Quality Score

**Your Transport & Packaging:**

1 Serving 321g (serves 1.0)

**COOKING INSTRUCTIONS & NOTES**

**METHOD**

**Preparation:**

- Finely dice the tomato
- Finely dice the cucumber
- Finely slice the radish
- Roughly chop the coriander

**Method:**

- Mix the yoghurt, mint and harissa together then add the chicken - marinade in a chiller for at least 30 minutes.

2. Cook the chicken in an oven at 200°C for 10-15 mins or until chicken is cooked through. The yoghurt should be slightly charred onto the chicken.
3. In a bowl mix together the tomato, radish, coriander, cucumber, lemon and olive oil - season to taste.
4. In a suitable dish or food to go container add the chickpea salad, then add the chicken onto this and spoon over the tomato salad.
5. Serve alongside the houmous and garnish the dish with the pomegranate and a drizzle of yoghurt.