



Chermoula Chicken and Warm Panzanella Pasta Salad

with Harissa, Baby Plum Tomatoes and Ciabatta Croutons

High Protein

Preparation time : 35 min.



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<https://hfresh.cottey.fr/en-GB/recipes/chermoula-chicken-and-warm-panzanella-pasta-salad-175>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Medium Saucepan, Colander, Bowl, Kettle, Large Frying Pan

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Red Onion (unit(s))	1	2	2
Ciabatta (unit(s))	1	1½	2
Baby Plum Tomatoes (grams)	125	190	250
British Chicken Mini Fillets (grams)	270	420	540
Chermoula Spice Mix (sachet(s))	1	1	2
Ditali Pasta (grams)	90	130	180
Harissa Paste (grams)	50	75	100
Cider Vinegar (milliliter(s))	15	22½	30
Wild Rocket (grams)	20	40	40
Honey (tbsp)	1	1½	2
Olive Oil for the Dressing (tbsp)	1	1½	2
Mayonnaise (tbsp)	½	¾	1
Add yourself			

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	2641 kJ
Energy (kcal)	631 kcal
Fat	17.1 g
of which saturates	1.9 g
Carbohydrate	69.2 g
of which sugars	16 g
Dietary Fibre	5.9 g
Protein	45.2 g
Salt	1.33 g

Allergens

Milk, Wheat, May contain traces of allergens, Soya, Barley, Cereals containing gluten, Rye, Sulphites

Always check the product labels for allergen information.



Prep the Veg

Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a full kettle for the **ditali**.

Halve and peel the **red onion**, then cut each half into 4 wedges. Tear the **ciabatta** into roughly 2cm chunks.

Pop the **baby plum tomatoes** and **onion wedges** onto one side of a baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat.

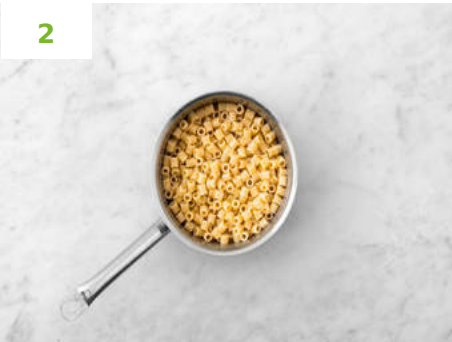
When the oven is hot, roast on the middle shelf until the onion has softened and the **tomatoes** have started to burst, 15-20 mins



Crouton Time

When the **veg** have 10 mins remaining, remove from the oven and pop the **ciabatta chunks** onto the empty side of the tray.

Drizzle with **oil**, season with **salt** and **pepper** and toss to coat well. Return for the remaining cook time until the **croutons** are crispy and golden, 8-10 mins. Remove the tray from the oven and set aside.



Boil the Pasta

Meanwhile, pour the **boiled water** into a medium saucepan with ½ **tsp salt** and bring to the boil.

Add the **ditali pasta** to the **water** and bring back to the boil. Cook until tender, 10 mins.

Once cooked, drain in a colander, rinse with **cold water** and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.

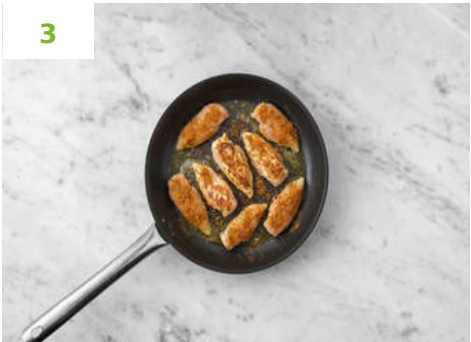


All Together Now

Once the **chicken** is cooked, remove from the heat. Drizzle over **half** the **honey** (see pantry for amount).

Meanwhile, in a large **salad** bowl, combine the **harissa paste**, **cider vinegar**, **olive oil** for the **dressing** and remaining **honey** (see pantry for both amounts).

Season with **salt** and **pepper** and mix well.



Fry the Chicken

While everything cooks, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, lay the **chicken mini fillets** in the pan. **TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh.

Season with **salt** and **pepper** and sprinkle over the **chermoula spice mix**. Fry until browned on each side and cooked through, 10-12 mins. Turn every 2-3 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Finish and Serve

When everything's ready, add the **cooked pasta**, **croutons** and **roasted veg** to the bowl with the **dressing**. Toss to coat. Carefully fold in the **rocket leaves**.

Share the **warm pasta salad** between serving bowls. Top with the **chermoula spiced chicken**.

Drizzle over the **mayo** (see pantry for amount) to finish.

Enjoy your meal!