



Chermoula Double Chicken and Warm Panzanella Pasta Salad

with Harissa, Baby Plum Tomatoes and Ciabatta Croutons

High Protein

Preparation time : 35 min.



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/chermoula-double-chicken-and-warm-panzanella-pasta-salad-414>

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, Pan, Knife

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)	540	840	1080
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)	3256 kJ
Energy (kcal)	778 kcal
Fat	18.3 g
of which saturates	2.2 g
Carbohydrate	69.3 g
of which sugars	16.1 g
Dietary Fibre	6.1 g
Protein	79.2 g
Salt	1.48 g

Allergens

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

Always check the product labels for allergen information.



Get Started

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.

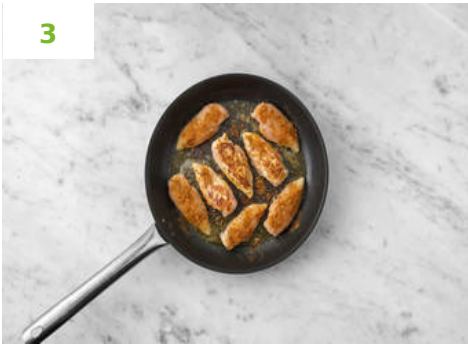


All Together Now

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!