



Smart Shawarma-Spiced Chicken Patties with Spinach Salad and Couscous

Smart Meal

25 Minutes

Customized Protein **+** Add **↻** Swap **or** **×2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Ground Beef
250 g | 500 g

Beyond Meat®
2 | 4



Ground Chicken*
250 g | 500 g

Couscous
½ cup | 1 cup

Mini Cucumber
1 | 2

Shallot
1 | 2

Baby Spinach
56 g | 113 g

Parsley
7 g | 14 g

Garlic, cloves
1 | 2

Almonds, sliced
14 g | 28 g

Mayonnaise
2 tbsp | 4 tbsp

Red Wine Vinegar
1 tbsp | 2 tbsp

Shawarma Spice Blend
1 tbsp | 2 tbsp

Chicken Stock Powder
2 tbsp | 4 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Oil, sugar, pepper, salt

Cooking utensils | Large bowl, measuring cups, measuring spoons, medium bowl, medium non-stick pan, medium pot, small bowl

1



Prep

- Wash and dry all produce.

- Thinly slice **cucumber**.
- Peel, then cut **shallot** into ¼-inch pieces.
- Roughly chop **spinach**.
- Finely chop **parsley**.
- Peel, then mince or grate **garlic**.

2



Marinate cucumber and toast almonds

- Add **vinegar**, ½ **tsp** (1 **tsp**) **sugar** and ½ **tbsp** (1 **tbsp**) **oil** to a large bowl. Season with **salt** and **pepper**. Stir to mix.
- Add **cucumbers**, then toss to coat.
- Heat a medium non-stick pan (large pan for 4 ppl) over medium-high heat.
- When hot, add **half the almonds** to the dry pan (use all for 4 ppl). Toast, stirring often, until golden, 3-4 min. (**TIP**: Keep your eye on almonds so they don't burn.)
- Transfer to a plate.

3



Cook couscous

- Heat a medium pot over medium-high heat. When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **half the shallots**. Cook, stirring often until **shallots** are golden-brown and beginning to soften, 1-2 min.
- Add **half the chicken stock powder**, 1 **tsp** (2 **tsp**) **Shawarma Spice Blend** and ¾ **cup** (1 ½ **cups**) **water**. Cover and bring to a boil over high heat.
- Once boiling, remove from heat, then add **couscous**. Stir to combine.
- Cover and let stand, 5 min.

4



Cook patties

Swap | **Ground Beef**

Swap | **Beyond Meat®**

- Meanwhile, add **chicken**, **half the parsley**, **half the garlic**, **remaining chicken stock powder**, **remaining shallots** and **remaining Shawarma Spice Blend** to a medium bowl. Season with **salt** and **pepper**, then combine. (**TIP**: We suggest using gloves as the mixture will be a little wet.)
- Form **mixture** into **four 2-inch-wide patties** (16 patties for 4 ppl).
- Reheat the same pan (from step 2) over medium.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **patties**. Cover and cook, flipping halfway, until golden-brown and cooked through, 6-8 min. ******

5



Make garlic sauce

- Add **mayo**, **remaining garlic**, **remaining parsley** and 1 **tbsp** (2 **tbsp**) **marinating liquid** to a small bowl. Season with **salt** and **pepper**, then stir to combine.

6



Finish and serve

- Fluff **couscous** with a fork. Season with **salt** and **pepper**.
- Add **spinach** to the bowl with **cucumbers**, then toss to coat.
- Divide **couscous**, **salad** and **patties** between bowls.
- Spoon **garlic sauce** over top.
- Sprinkle **almonds** over top.

Measurements
within steps

1 **tbsp** (2 **tbsp**) **oil**
2 person 4 person Ingredient

4 | Cook patties

Swap | **Ground Beef**

If you've opted to get **beef**, prep and cook it in the same way the recipe instructs you to prep and cook the **chicken**. ******

4 | Cook Beyond Meat® patties

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, prepare and cook it the same way the recipe instructs you to prepare and cook the **chicken**. ******

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F.