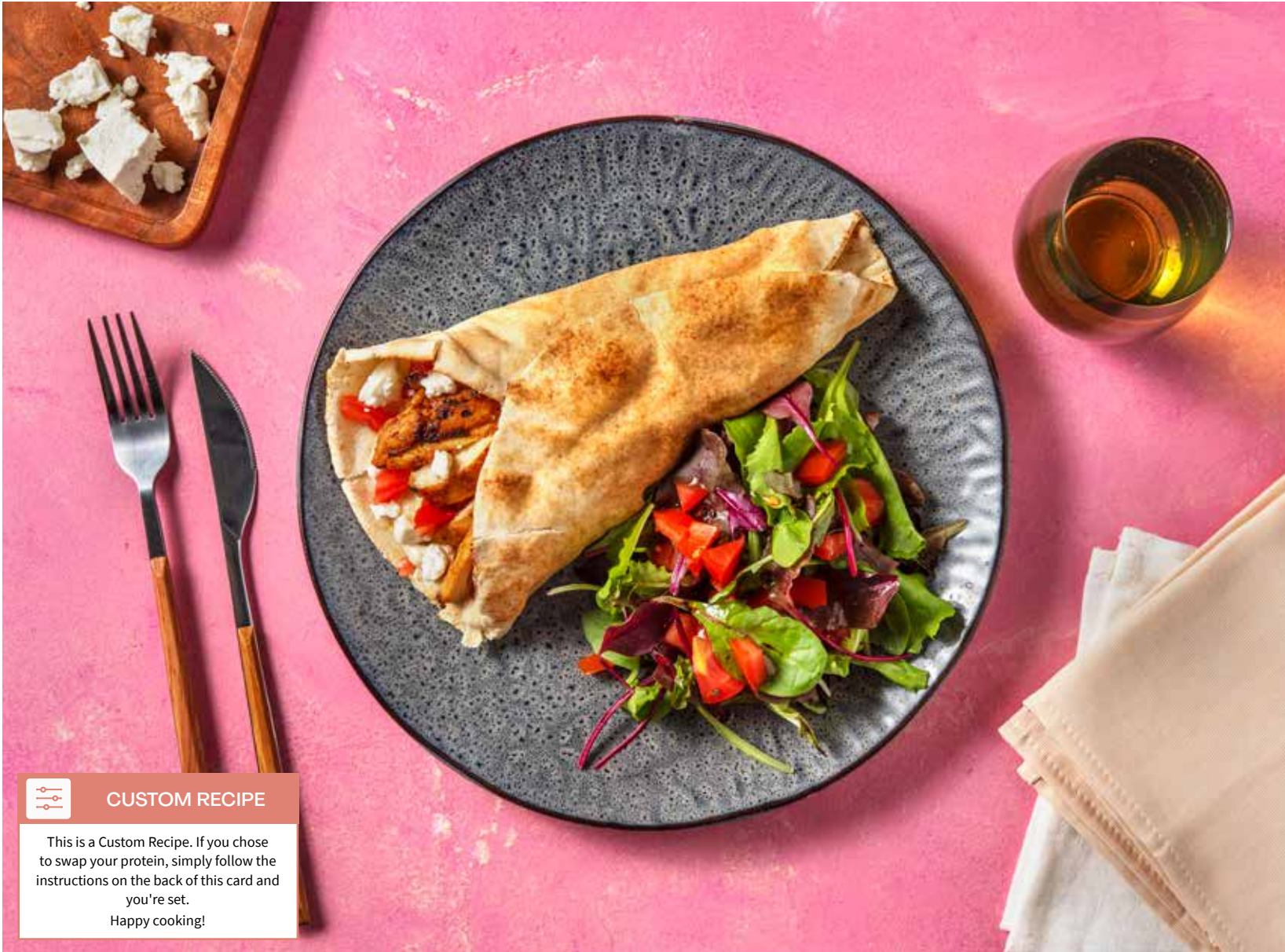




Chicken Shawarma-Style Wraps

with Hummus Dressing and Fresh Salad

Discovery 30 Minutes



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!



Chicken Thighs



Chicken Breasts



Pita Bread



Shawarma Spice Blend



Feta Cheese, crumbled



Hummus



Spring Mix



Sour Cream



Roma Tomato



Red Wine Vinegar

HELLO SHAWARMA SPICE

Our shawarma spice is a unique blend of smoky, sweet and delicious!

Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

Bust out

Baking sheet, medium bowl, aluminum foil, large bowl, small bowl, large non-stick pan, paper towels, measuring spoons

Ingredients

	2 Person	4 Person
Chicken Thighs ♦	4	8
Chicken Breasts ♦	2	4
Pita Bread	2	4
Shawarma Spice Blend	2 tbsp	4 tbsp
Feta Cheese, crumbled	¼ cup	½ cup
Hummus	4 tbsp	8 tbsp
Spring Mix	56 g	113 g
Sour Cream	3 tbsp	6 tbsp
Roma Tomato	160 g	320 g
Red Wine Vinegar	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

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

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.

Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



Prep

Cut **tomatoes** into ¼-inch pieces. Add **hummus** and **sour cream** to a small bowl. Season with **half the Shawarma Spice Blend**, **salt** and **pepper**, then stir to combine. Pat **chicken** dry with paper towels.



Make salad

While **chicken** cooks, combine **vinegar** and **1 tbsp oil** (dbl for 4 ppl) in a large bowl. Add **spring mix** and **half the tomatoes**. Season with **salt** and **pepper**, then toss to combine.



Prep chicken

Add **chicken**, **remaining Shawarma Spice Blend** and **1 tbsp oil** (dbl for 4 ppl) to a medium bowl. Season with **salt** and **pepper**, then toss to coat.

CUSTOM RECIPE

If you've opted to get **chicken breasts**, carefully slice into the centre of **each chicken breast**, parallel to the cutting board, leaving ½-inch intact on the other end. Open up **chicken** like a book, then season with **salt**, **pepper** and **remaining Shawarma Spice Blend**.



Warm pitas

When **chicken** is almost done, add **pitas** to the other side of the baking sheet with **chicken**. (**NOTE:** For 4 ppl, place pitas on a separate unlined baking sheet, toast in the bottom of the oven.) Toast until heated through, 1-2 min. (**NOTE:** Keep an eye on pitas so they don't burn!)



Cook chicken

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until golden-brown, 2-3 min per side. Remove the pan from heat. Transfer **chicken** to a foil-lined baking sheet. Broil in the **middle** of the oven until golden-brown and cooked through, 6-8 min. **

CUSTOM RECIPE

If you've opted to get **chicken breasts**, cook the same way the recipe instructs you to cook the **chicken thighs**.



Finish and serve

Thinly slice **chicken**. Spread **hummus dressing** over **pitas**. Top **pitas** with **chicken**, then sprinkle **remaining tomatoes** and **feta** over top. Divide **wraps** and **salad** between plates.

Dinner Solved!