



Roasted Shawarma Chicken and Freekeh

with Tomato Herb Salad and Lemon-Garlic Sauce

35 Minutes



Chicken Breasts



Sweet Potato



Freekeh



Chicken Broth Concentrate



Baby Tomatoes



Shawarma Spice Blend



Lemon



Mayonnaise



Garlic



Parsley

HELLO LEMON-GARLIC TOUM

A dollop of toum to top this dish complements the spice blend and punchy acidity.

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Garlic Guide for Step 4 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Extra: 1 tsp

Bust Out

Baking sheet, medium bowl, measuring spoons, strainer, zester, medium pot, small bowl, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Sweet Potato	170 g	340 g
Freekeh	½ cup	1 cup
Chicken Broth Concentrate	1	2
Baby Tomatoes	113 g	227 g
Shawarma Spice Blend	1 tbsp	2 tbsp
Lemon	1	1
Mayonnaise	2 tbsp	4 tbsp
Garlic	3 g	6 g
Parsley	7 g	14 g
Sugar*	¼ tsp	½ tsp
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 our meal kit labels for the most current allergen information.

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

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Cook freekeh

Combine **freekeh**, **broth concentrate** and **1 ¼ cups water** (dbl for 4 ppl) in a medium pot. Cover and bring to a boil over high heat, then reduce heat to low. Simmer, still covered, until **freekeh** is tender, 25-28 min.



Prep and make toum

While the **chicken** and **veggies** roast, halve the **tomatoes**. Roughly chop the **parsley**. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut any **remaining lemon** into wedges. Peel, then mince or grate the **garlic**. Whisk together the **mayo**, **1 tsp lemon juice** (dbl for 4 ppl) and **¼ tsp garlic** in a small bowl. (**NOTE:** Reference Garlic Guide.) Season with **salt** and **pepper**.



Roast sweet potatoes

While the **freekeh** cooks, cut **sweet potato** into ½-inch pieces, then add to a baking sheet. Drizzle with **1 tbsp oil** (dbl for 4 ppl), then season with **half the Shawarma Spice Blend**, **salt** and **pepper**. Toss to coat. Roast in the **middle** of the oven, stirring halfway through, until tender, 22-24 min. (**NOTE:** You will be adding the chicken to the baking sheet halfway through cooking.)



Finish freekeh and make salad

Drain any **excess water** from the **freekeh** and return to the same pot. Stir the **sweet potatoes**, **lemon zest** and **half the parsley** into the **freekeh**. Whisk together the **remaining lemon juice**, **¼ tsp sugar** and **1 tbsp oil** (dbl both for 4 ppl) in a medium bowl. Add the **tomatoes** and **remaining parsley**. Season with **salt** and **pepper**. Stir to combine.



Cook chicken

While the **veggies** roast, pat at the **chicken** dry with paper towels, then season with **salt** and **pepper**. Sprinkle **remaining Shawarma Spice Blend** all over the **chicken**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then the **chicken**. Sear, until **chicken** is golden-brown, 1-2 min per side. (**NOTE:** Cook in batches for 4 ppl.) Transfer to the baking sheet with the **sweet potatoes**. Roast in the **middle** of the oven, until the **chicken** is cooked through, 10-12 min. **



Finish and serve

Thinly slice the **chicken**. Divide the **freekeh** between plates. Top with **chicken** and **tomato-herb salad**. Dollop the **lemon-garlic toum** over top and squeeze over a **lemon wedge**, if desired.

Dinner Solved!