



Roasted Shawarma-Spiced Chicken and Bulgur

with Tomato-Herb Salad and Lemon-Garlic Toum

Discovery

35 Minutes



Chicken Breasts



Sweet Potato



Bulgur Wheat



Chicken Broth Concentrate



Baby Tomatoes



Shawarma Spice Blend



Lemon



Mayonnaise



Garlic, cloves



Parsley

HELLO SHAWARMA SPICE BLEND

Our Shawarma Spice Blend is a unique blend of smoky, sweet and delicious!

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, 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
Bulgur Wheat	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, cloves	1	2
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 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

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Cook bulgur

- Add **¾ cup water**, **½ tsp salt** (dbl both for 4 ppl) and **broth concentrate** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **bulgur**. Stir to combine, then cover and remove the pot from heat.
- Let stand until **bulgur** is tender and **liquid** is absorbed, 15-16 min.



Prep and make toum

- Meanwhile, halve **tomatoes**.
- Roughly chop **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**.
- Add **mayo**, **1 tsp lemon juice** (dbl for 4 ppl) and **¼ tsp garlic** to a small bowl. (**NOTE:** Reference garlic guide.) Season with **salt** and **pepper**, then whisk to combine.



Roast sweet potatoes

- Meanwhile, cut **sweet potato** into ½-inch pieces.
- Add **sweet potatoes** and **1 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **half the Shawarma Spice Blend**, **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, stirring halfway through, until tender, 22-24 min. (**NOTE:** You will add chicken to the baking sheet halfway through cooking.)



Finish bulgur and make salad

- Stir **sweet potatoes**, **lemon zest** and **half the parsley** into **bulgur**. Set aside.
- Whisk together **remaining lemon juice**, **¼ tsp sugar** and **1 tbsp oil** (dbl both for 4 ppl) in a medium bowl.
- Add **tomatoes** and **remaining parsley**. Season with **salt** and **pepper**, then stir to combine.



Cook chicken

- Meanwhile, pat **chicken** dry with paper towels, then season with **salt**, **pepper** and **remaining Shawarma Spice Blend**.
- Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil**, then **chicken**. (**NOTE:** Cook in batches for 4 ppl, using 1 tbsp per batch.) Sear until **chicken** is golden-brown, 1-2 min per side.
- When **sweet potatoes** are halfway done, carefully remove from the oven and push to one side of the baking sheet. Transfer **chicken** to the other side of the baking sheet.
- Roast in the **middle** of the oven until **chicken** is cooked through, 10-12 min.**



Finish and serve

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

Dinner Solved!