





# Roasted Shawarma-Spiced Chicken and Bulgur

## with Tomato-Herb Salad and Lemon-Garlic Toun

35 Minutes

**\*2 Double** **Swap**











Chicken Breast **4 | 8**

Tofu **1 | 2**

**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](https://www.hellofresh.ca)



	
Chicken Breast <b>2   4</b>	Sweet Bell Pepper <b>1   2</b>
	
Bulgur Wheat <b>1/2 cup   1 cup</b>	Chicken Broth Concentrate <b>1   2</b>
	
Baby Tomatoes <b>113 g   227 g</b>	Shawarma Spice Blend <b>1 tbsp   2 tbsp</b>
	
Lemon <b>1   1</b>	Mayonnaise <b>2 tbsp   4 tbsp</b>
	
Garlic, cloves <b>1   2</b>	Parsley <b>7 g   14 g</b>

**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** | Sugar, salt, oil, pepper, unsalted butter

**Cooking utensils** | Baking sheet, medium bowl, measuring spoons, zester, medium pot, small bowl, measuring cups, whisk, large non-stick pan, paper towels

1



## Roast pepper

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- **Garlic Guide for Step 4:**
  - Mild: ¼ tsp (½ tsp)
  - Medium: ½ tsp (1 tsp)
  - Extra: 1 tsp (2 tsp)
- Core, then cut **pepper** into ½-inch pieces.
- Add **peppers** and **1 tbsp** (2 tbsp) **oil** 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, 18-20 min. (**NOTE:** You will add chicken to the baking sheet halfway through roasting.)

2



## Cook chicken

×2 Double | **Chicken Breast**

🔄 Swap | **Tofu**

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

3



## Cook bulgur

- Meanwhile, add ⅔ **cup** (1 ⅓ cups) **water**, ½ **tsp** (1 tsp) **salt** 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 from heat.
- Let stand until **bulgur** is tender and **liquid** is absorbed, 15-16 min.

4



## 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 **garlic**.
- Add **mayo, 1 tsp** (2 tsp) **lemon juice** and ¼ **tsp** (½ tsp) **garlic** to a small bowl. (**NOTE:** Reference garlic guide.) Season with **salt** and **pepper**, then whisk to combine.

5



## Finish bulgur and make salad

- Add **1 tbsp** (2 tbsp) **butter** to the pot with **bulgur**, then stir until melted.
- Stir in **roasted peppers, lemon zest** and **half the parsley**. Set aside.
- Whisk together **remaining lemon juice**, ¼ **tsp** (½ tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** in a medium bowl.
- Add **tomatoes** and **remaining parsley**. Season with **salt** and **pepper**, then stir to combine.

6



## Finish and serve

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

Measurements within steps | 1 tbsp (2 tbsp) oil | 2 person 4 person Ingredient

## 2 | Cook chicken

×2 Double | **Chicken Breast**

If you've opted for **double chicken**, pat dry with paper towels. Season with **salt** and **pepper**. Cook and plate in the same way the recipe instructs for the **regular portion of chicken**.

## 2 | Cook tofu

🔄 Swap | **Tofu**

If you've opted to get **tofu**, pat dry with paper towels. Cut in half, parallel to the cutting board. (**NOTE:** You will have 2 square tofu "steaks" per block.) Season in the same way the recipe instructs you to season the **chicken**.

When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Pan-fry until golden, 2-3 min per side. Transfer to a plate, then cover to keep warm. No need to bake after pan-frying. Plate **tofu** in the same way the recipe instructs you to plate 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, as size may vary.



Issue with your meal? Scan the QR code to share your feedback.