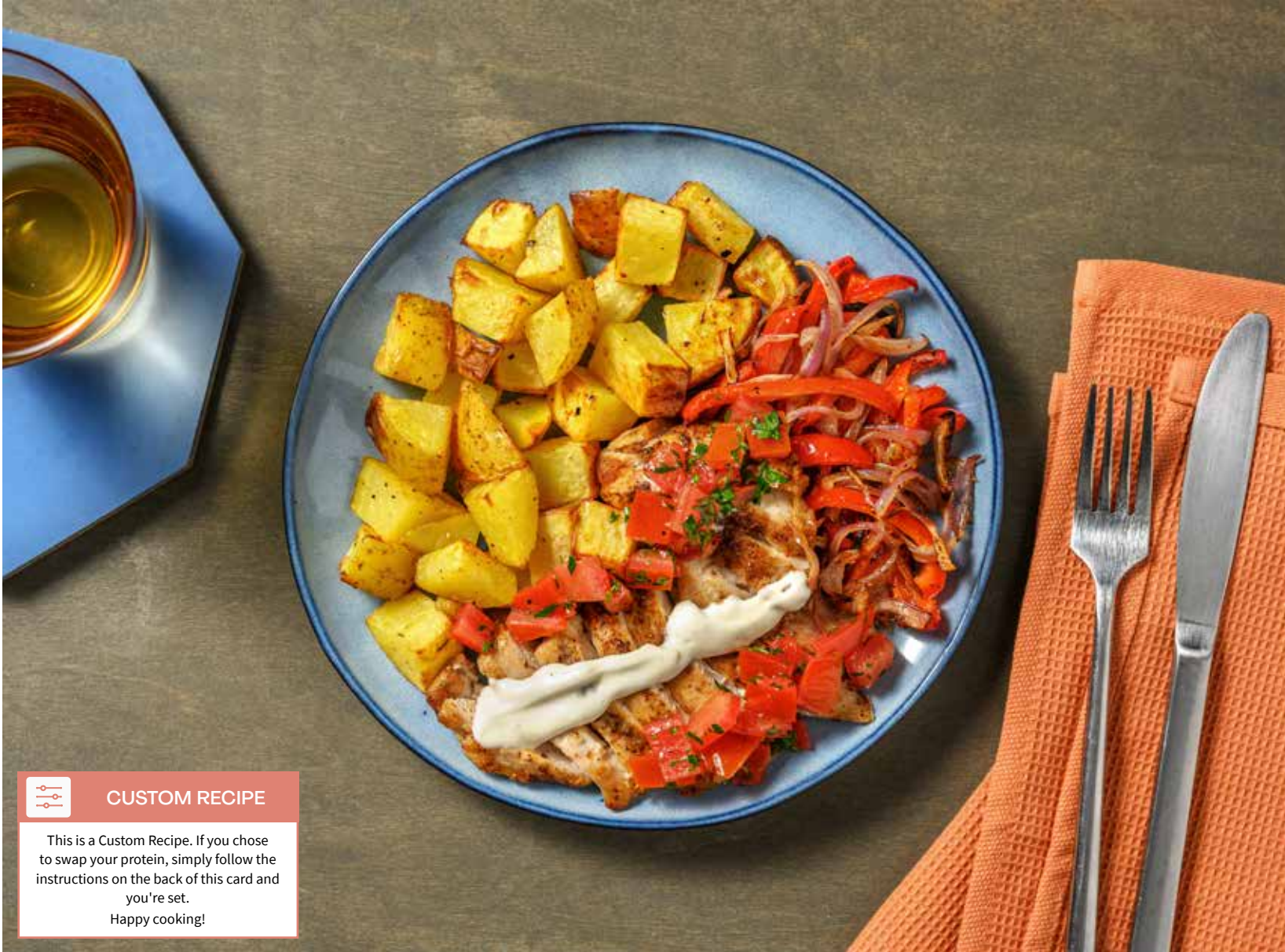




Shawarma-Spiced Chicken Bowls with Lemony Roasted Potatoes

Quick

25 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



Shawarma Spice Blend



Garlic, cloves



Russet Potato



Mayonnaise



Sweet Bell Pepper



Parsley



Roma Tomato



Red Onion



White Wine Vinegar



Lemon



Garlic Salt

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 450°F.
- Wash and dry all produce.

Bust out

2 Baking sheets, medium bowl, measuring spoons, zester, small bowl, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Thighs ♦	4	8
Chicken Breasts ♦	2	4
Shawarma Spice Blend	1 tbsp	2 tbsp
Garlic, cloves	2	4
Russet Potato	460 g	920 g
Mayonnaise	4 tbsp	8 tbsp
Sweet Bell Pepper	160 g	320 g
Parsley	7 g	14 g
Roma Tomato	80 g	160 g
Red Onion	113 g	226 g
White Wine Vinegar	1 tbsp	2 tbsp
Lemon	1	1
Garlic Salt	1 tsp	2 tsp
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

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



Roast potatoes

Zest, then juice **lemon**. Cut **potatoes** into 1-inch pieces. Add **potatoes, lemon zest, half the garlic salt** and **1 tbsp oil** to an unlined baking sheet. Season with **pepper**, then toss to coat. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 20-22 min.

(**NOTE:** For 4 ppl, roast in the top and middle of the oven, rotating sheets halfway through.)



Mix garlic sauce

While **veggies** and **chicken** roast, add **mayo**, **½ tbsp lemon juice** (dbl for 4 ppl) and **remaining garlic** to a small bowl. Season with **salt** and **pepper**, then stir to combine.



Prep

Peel, then cut **onion** into ¼-inch slices. Peel, then mince or grate **garlic**. Cut **tomato** into ¼-inch pieces. Roughly chop **parsley**. Core, then cut **pepper** into ½-inch slices. Pat **chicken** dry with paper towels. Season with **Shawarma Spice Blend** and **remaining garlic salt**.

 **CUSTOM RECIPE**

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



Mix parsley tomatoes

Whisk together **vinegar**, **½ tbsp oil** and **¼ tsp sugar** (dbl both for 4 ppl) in a medium bowl. Add **parsley** and **tomatoes**. Season with **salt** and **pepper**, then stir to combine.



Cook veggies and chicken

Add **onions, peppers, ½ tbsp oil** (dbl for 4 ppl) and **half the garlic** to another unlined baking sheet. Season with **salt** and **pepper**, then toss to combine. Set aside. 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. Transfer **chicken** to the baking sheet with **veggies**. Roast in the **bottom** of the oven until **veggies** are tender and **chicken** is cooked through, 8-10 min.**



Finish and serve

Thinly slice **chicken**. Divide **potatoes** and **veggies** between bowls. Top with **chicken** and **parsley tomatoes**. Drizzle **garlic sauce** over top.

Dinner Solved!