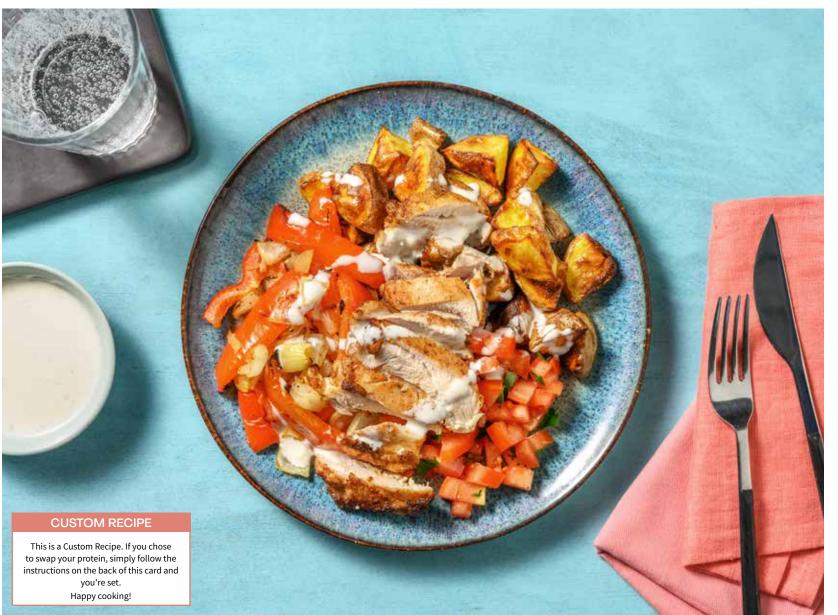


Shawarma-Spiced Chicken Bowls

with Lemony Roasted Potatoes

Quick

25 Minutes





Chicken Thighs





Shawarma Spice





Blend



Russet Potato



Mayonnaise

Parsley





Sweet Bell Pepper



Roma Tomato





Garlic Salt



Lemon

Onion, chopped

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

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	2 Person	4 Person
Chicken Thighs •	280 g	560 g
Chicken Breasts	2	4
Shawarma Spice Blend	1 tbsp	2 tbsp
Garlic Puree	1 tbsp	2 tbsp
Russet Potato	460 g	920 g
Mayonnaise	4 tbsp	8 tbsp
Sweet Bell Pepper	160 g	320 g
Parsley	7 g	7 g
Roma Tomato	80 g	160 g
Lemon	1	2
Garlic Salt	1 tsp	2 tsp
Onion, chopped	113 g	227 g
Sugar*	1/4 tsp	½ tsp
Oil*		
0.1: 1.0 +		

Salt and Pepper*

- * Pantry items
- * 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.

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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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 goldenbrown, 20-22 min. (NOTE: For 4 ppl, roast in the top and middle of the oven, rotating sheets halfway through.)



Prep

- Meanwhile, cut **tomato** into 1/4-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.



Cook veggies and chicken

- Add onions, peppers, ½ tbsp oil (dbl for 4 ppl) and half the garlic puree to another unlined baking sheet. Season with salt and pepper, then toss to combine. Set aside.
- Heat a large non-stick pan over mediumhigh 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, 8-12 min.**

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**.



Make garlic sauce

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



Mix parsley tomatoes

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



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!