



# Shawarma Spiced Turkey and Couscous

with Apricots and Spiced Chickpeas

**FAMILY** 20 Minutes



Turkey Strips



Couscous



Apricots



Chickpeas



Parsley



Cumin-Turmeric  
Spice Blend



Mini Cucumber



Greek Yogurt



White Wine Vinegar



Shawarma Spice Blend



Cherry Tomatoes



Red Onion, sliced

### HELLO MEDITERRANEAN VIBES

*This dish takes inspiration from the fresh flavours of the Mediterranean*

## START HERE

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

### Bust Out

Box Grater, Measuring Cups, Strainer, Paper Towels, Kettle, Small Bowl, Whisk, Measuring Spoons, 2 Baking Sheets, 2 Large Bowls, Parchment Paper

### Ingredients

|                            | 4 Person |
|----------------------------|----------|
| Turkey Strips              | 680 g    |
| Couscous                   | 1 cup    |
| Apricots                   | 56 g     |
| Chickpeas                  | 370 ml   |
| Parsley                    | 14 g     |
| Cumin-Turmeric Spice Blend | 1 tbsp   |
| Mini Cucumber              | 132 g    |
| Greek Yogurt               | 100 g    |
| White Wine Vinegar         | 2 tbsp   |
| Shawarma Spice Blend       | 1 tbsp   |
| Cherry Tomatoes            | 227 g    |
| Red Onion, sliced          | 227 g    |
| Sugar*                     | 1 ½ tsp  |
| Oil*                       |          |
| Salt and Pepper*           |          |

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

### 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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### 1. ROAST CHICKPEAS

Drain and rinse **chickpeas**. Toss **chickpeas** with **half the cumin-turmeric spice blend** and **1 tbsp oil** on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in **middle** of the oven, stirring **chickpeas** halfway through cooking, until golden-brown, 17-18 min.



### 4. COOK COUSCOUS

Bring a kettle of **water** to a boil. Stir together **couscous** and **apricots** in a large bowl. Stir in **1 ½ cups boiling water**. Cover and let stand, until **couscous** is tender and **liquid** is absorbed, 5-6 min.



### 2. ROAST TURKEY

While **chickpeas** roast, pat **turkey strips** dry with paper towels. Add **turkey, onions, shawarma spice, remaining cumin-turmeric blend** and **2 tbsp oil** on another parchment-lined baking sheet. Season with **salt** and **pepper**. Toss to coat. Roast in the **top** of the oven, until cooked through, 10-12 min.\*\*



### 5. MAKE RAITA & VEGGIES

Drain **liquid** from **salted cucumber**. Add **yogurt, half the parsley, half the vinegar** and **1 tsp sugar** to the small bowl with the **cucumber**. Season with **salt** and **pepper**. Stir to combine. Set aside. Whisk together **2 tbsp oil, remaining vinegar** and **½ tsp sugar** in another large bowl. Add **sliced cucumber** and **tomatoes**. Toss to coat. Season with **salt** and **pepper**.



### 3. PREP

While the **turkey** roasts, roughly chop **parsley**. Roughly chop **apricots**. Grate **1 cucumber** directly into a small bowl. Sprinkle over **¼ tsp salt**. Set aside. Cut **remaining cucumber** into ¼-inch rounds. Halve the **tomatoes**.



### 6. FINISH AND SERVE

Fluff **couscous** with a fork and stir in **chickpeas** and **remaining parsley**. Season with **salt** and **pepper**. Divide **couscous** between bowls and top with **turkey** and **marinated veggies**. Dollop with **cucumber-raita**.

## Dinner Solved!