



Shawarma-Style Veggie Bowls

with Protein Shreds and Yellow Rice

Veggie

Optional Spice

35 Minutes



Plant-Based Protein Shreds



Basmati Rice



Red Onion



Baby Tomatoes



Mixed Olives



Lemon



Garlic, cloves



Plant-Based Mayonnaise



Hot Sauce



Tahini



Shawarma Spice Blend



Cumin-Turmeric Spice Blend



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HELLO SHAWARMA SPICE BLEND

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

Start here

Before starting, wash and dry all produce.

Heat Guide for Step 6 (dbl for 4 ppl):

- Mild: 1 tsp
- Medium: 2 tsp
- Spicy: 1 tbsp
- Extra-spicy: 2 tbsp

Bust out

Measuring spoons, zester, medium pot, small bowl, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Plant-Based Protein Shreds	200 g	400 g
Basmati Rice	¾ cup	1 ½ cups
Red Onion	113 g	226 g
Baby Tomatoes	113 g	227 g
Mixed Olives	30 g	60 g
Lemon	1	1
Garlic, cloves	1	2
Plant-Based Mayonnaise	4 tbsp	8 tbsp
Hot Sauce 🌶️	2 tbsp	4 tbsp
Tahini	2 tbsp	4 tbsp
Shawarma Spice Blend	1 tbsp	2 tbsp
Cumin-Turmeric Spice Blend	1 ½ tsp	3 tsp
Sugar*	½ tsp	¼ tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

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 rice

- Heat a medium pot over medium heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **rice** and **Cumin-Turmeric Spice Blend**. Cook, stirring often, until fragrant, 2-3 min.
- Add **1 ¼ cups water** and **⅛ tsp salt** (dbl both for 4 ppl) and bring to a boil over high.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



Cook protein shreds

- Pat **protein shreds** dry with paper towels.
- Reheat the same pan over medium.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **protein shreds** and **half the garlic**. Cook, flipping occasionally, until crispy, 6-8 min.**
- Add **Shawarma Spice Blend** and **2 tbsp water** (dbl for 4 ppl). Cook, stirring occasionally, until fragrant, 1 min.
- Remove from heat.



Prep

- Meanwhile, peel, then mince or grate **garlic**.
- Peel, then cut **onion** into ¼-inch slices.
- Drain, then halve **olives**.
- Halve **tomatoes**.
- Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.



Make tahini sauce

- Meanwhile, add **tahini**, **mayo**, **remaining garlic**, **⅛ tsp sugar**, **½ tsp lemon zest**, **½ tbsp lemon juice** and **1 tbsp warm water** (dbl all for 4 ppl) to a small bowl.
- Season with **salt** and **pepper**, then whisk to combine.



Cook onions

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Remove from heat. Transfer **onions** to a plate, then cover to keep warm.



Finish and serve

- Fluff **rice** with a fork, then stir in **olives** and **half the onions**.
- Divide **rice** between bowls. Top with **protein shreds**.
- Sprinkle **tomatoes** and **remaining onions** over top.
- Drizzle **some tahini sauce** and **hot sauce** over top. (NOTE: Reference heat guide.)
- Serve **remaining tahini sauce** alongside.
- Squeeze a **lemon wedge** over top, if desired.