



# Grilled Shawarma Chicken and Golden Rice

## with Cucumber Salad and Spicy Tahini Sauce

Family Friendly

Grill

30-40 Minutes

Swap



Chicken Breasts\*  
2 | 4

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 Thighs\*  
280 g | 560 g



Basmati Rice  
¾ cup | 1 ½ cups



Sweet Bell Pepper  
1 | 2



Mini Cucumber  
2 | 4



Tomato  
1 | 2



Tahini Sauce  
2 tbsp | 4 tbsp



Spicy Mayo  
2 tbsp | 4 tbsp



Cumin-Turmeric Spice Blend  
1 ½ tsp | 3 tsp



Shawarma Spice Blend  
½ tbsp | 1 tbsp



Vegetable Stock Powder  
1 tbsp | 2 tbsp



White Wine Vinegar  
½ tbsp | 1 tbsp

**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** | Butter, oil, sugar, salt, pepper

**Cooking utensils** | Large bowl, measuring cups, measuring spoons, 2 medium bowls, medium pot, paper towels, small bowl, tongs

1



## Cook rice

- Before starting, wash and dry all produce.
  - Lightly oil the grill.
  - While you prep, preheat the grill to 400°F over medium heat.
- Add **stock powder**, **Cumin-Turmeric Spice Blend**, **1 tbsp** (2 tbsp) **butter**, **1 ¼ cups** (2 ½ cups) **water** and **½ tsp** (¼ tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
  - Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min.
  - Remove from heat. Set aside, still covered.

4



## Make salad

- Add **half the vinegar** (use all for 4 ppl), **¼ tsp** (½ tsp) **sugar** and **½ tbsp** (1 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**. Stir to combine.
- Add **cucumber** and **tomato**, then toss to coat. Set aside.

2



## Marinate chicken

- ◉ **Swap** | **Chicken Breasts**
- Meanwhile, pat **chicken** dry with paper towels.
- Add **chicken**, **Shawarma Spice Blend**, **half the tahini sauce** and **½ tbsp** (1 tbsp) **oil** to a medium bowl. Season with **salt** and **pepper**. Toss to coat.

5



## Grill chicken and peppers

- Add **chicken** to one side of the grill. Close lid and grill until cooked through, 5-7 min per side.\*\*
- Using clean tongs, add **peppers** to other side of the grill. Close lid and grill until lightly charred and tender, 4-6 min per side.
- Once cooked, transfer **chicken** and **peppers** to a plate to rest for 2-3 min. (**TIP:** If peppers are too charred, carefully remove the skin.)

3



## Finish prep

- Thinly slice **cucumber**.
- Cut **tomato** into ¼-inch pieces.
- Quarter, then remove core from **peppers**.
- Add **spicy mayo** and **remaining tahini sauce** to a small bowl. Season with **salt** and **pepper**. Stir to combine, then set aside.
- Add **peppers** and **½ tbsp** (1 tbsp) **oil** to another medium bowl. Season with **salt** and **pepper**. Toss to coat, then set aside.

6



## Finish and serve

- Cut **grilled peppers** into ½-inch pieces.
- Thinly slice **chicken**.
- Fluff **rice** with a fork. Stir in **peppers** and **any juices** from the plate.
- Divide **rice**, **chicken** and **veggies** between plates.
- Drizzle **spicy tahini sauce** over **chicken**.

Measurements  
within steps

1 tbsp (2 tbsp) oil  
2 person 4 person Ingredient

## 2 | Marinate chicken

◉ **Swap** | **Chicken Breasts**

If you've opted to get **chicken breasts**, carefully slice into the centre of **each chicken breast**, parallel to the cutting board, leaving ½-inch intact on the other end. Open up **chicken** like a book, then season and cook it in the same way the recipe instructs you to season and cook the **chicken thighs**.

♦ 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.