

Grilled Shawarma Chicken and Golden Rice

with Cucumber Salad and Spicy Tahini Sauce

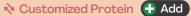
Family Friendly



30-40 Minutes



Breasts*
2 | 4









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 🎥





Chicken Thighs •



280 g | 560 g





Pepper



1 2



Mini Cucumber







2 tbsp | 4 tbsp



Spicy Mayo

Cumin-Turmeric Spice Blend

2 tbsp | 4 tbsp





Shawarma Spice Blend ½ tbsp | 1 tbsp



Powder 1 tbsp | 2 tbsp



White Wine Vinegar ½ tbsp | 1 tbsp

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



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 ⅓ 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.



Marinate chicken

O 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.



Finish prep

- Thinly slice cucumber.
- Cut tomato into 1/4-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.



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.

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.)



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)

o) oil

rson 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.