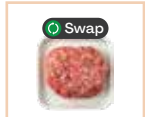




Smart Shawarma-Spiced Chicken Patties with Spinach Salad and Couscous

Smart Meal 25 Minutes



Ground Beef
250 g | 500 g

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)



Ground Chicken
250 g | 500 g



Couscous
1/2 cup | 1 cup



Mini Cucumber
1 | 2



Shallot
1 | 2



Baby Spinach
56 g | 113 g



Parsley
7 g | 14 g



Garlic, cloves
1 | 2



Almonds, sliced
14 g | 28 g



Mayonnaise
2 tbsp | 4 tbsp



Red Wine Vinegar
1 tbsp | 2 tbsp



Shawarma Spice Blend
1 tbsp | 2 tbsp



Chicken Stock Powder
2 tbsp | 4 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 | Oil, sugar, pepper, salt

Cooking utensils | Large bowl, measuring cups, measuring spoons, medium bowl, medium non-stick pan, medium pot, small bowl

1



Prep

- Wash and dry all produce.

- Thinly slice **cucumber**.
- Peel, then cut **shallot** into ¼-inch pieces.
- Roughly chop **spinach**.
- Finely chop **parsley**.
- Peel, then mince or grate **garlic**.

2



Prep cucumbers and almonds

- Add **vinegar**, **½ tsp** (1 tsp) **sugar** and **½ tbsp** (1 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**. Stir to mix.
- Add **cucumbers**, then toss to coat.
- Heat a medium non-stick pan (large pan for 4 ppl) over medium-high heat.
- When hot, add **half the almonds** to the dry pan (use all for 4 ppl). Toast, stirring often, until golden, 3-4 min. (**TIP**: Keep your eye on almonds so they don't burn!)
- Transfer to a plate.

3



Cook couscous

- Heat a medium pot over medium-high heat. When hot, add **½ tbsp** (1 tbsp) **oil**, then **half the shallots**. Cook, stirring often, until **shallots** are golden-brown and beginning to soften, 1-2 min.
- Add **half the chicken stock powder**, **1 tsp** (2 tsp) **Shawarma Spice Blend** and **⅔ cup** (1 ⅓ cups) **water**. Cover and bring to a boil over high heat.
- Once boiling, remove from heat, then add **couscous**. Stir to combine.
- Cover and let stand, 5 min.

4



Cook patties

[Swap](#) | [Ground Beef](#)

- Meanwhile, add **chicken**, **half the parsley**, **half the garlic**, **remaining chicken stock powder**, **remaining shallots** and **remaining Shawarma Spice Blend** to a medium bowl. Season with **salt** and **pepper**, then combine. (**TIP**: We suggest using gloves as the mixture will be a little wet!)
- Form **mixture** into four 2-inch wide patties (8 patties for 4 ppl).
- Reheat the same pan (from step 2) over medium.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **patties**. Cover and cook, flipping halfway, until golden-brown and cooked through, 6-8 min. ******

♦ 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.

5



Make garlic sauce

- Add **mayo**, **remaining garlic**, **remaining parsley** and **1 tbsp** (2 tbsp) **marinating liquid** to a small bowl. Season with **salt** and **pepper**, then stir to combine.

6



Finish and serve

- Fluff **couscous** with a fork. Season with **salt** and **pepper**.
- Add **spinach** to the bowl with **cucumbers**, then toss to coat.
- Divide **couscous**, **salad** and **patties** between bowls.
- Spoon **garlic sauce** over top.
- Sprinkle **almonds** over top.

Measurements
within steps

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

4 | Cook patties

[Swap](#) | [Ground Beef](#)

If you've opted to get **beef**, prep and cook it in the same way the recipe instructs you to prep and cook the **chicken**. ******