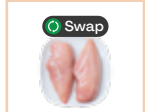




SuperQuick Shawarma-Style Chicken Bowls

with Rice and Yogurt Sauce

15 Minutes



Chicken Breast +
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 Breast, Diced +
310 g | 620 g



Basmati Rice
¾ cup | 1 ½ cup



Tomato
1 | 2



Feta Cheese, crumbled
¼ cup | ½ cup



Yogurt Sauce
3 tbsp | 6 tbsp



Shawarma Spice Blend
1 tbsp | 2 tbsp



White Wine Vinegar
1 tbsp | 2 tbsp



Mini Cucumber
1 | 2



Chicken Stock Powder
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 | Oil, sugar, pepper, salt

Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium bowl, medium pot, paper towels, whisk

1



Cook rice

- Before starting, add 1 ¼ cups (2 ½ cups) water and ½ tbsp (1 tbsp) chicken stock powder to a medium pot. Cover and bring to a boil over high.
 - Wash and dry all produce.
 - Start the recipe when the water is boiling.
- Add **rice** to the boiling water. 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.

4



Finish and serve

- Divide **rice** between plates. Top with **veggies** and **chicken**.
- Drizzle with **yogurt sauce**, then sprinkle **feta cheese** over top.

2



Prep and dress veggies

- Meanwhile, halve **cucumber**, then cut into thin half-moons.
- Cut **tomatoes** into ½-inch pieces.
- Add **vinegar**, ½ **tsp** (1 **tsp**) **sugar** and **1 tbsp** (2 **tbsp**) **oil** to a medium bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **tomatoes** and **cucumbers**. Toss to combine.

3



Cook chicken

- 🔄 Swap | **Chicken Breast**
- Meanwhile, heat a large non-stick pan over medium heat.
 - While the pan heats, pat **chicken** dry with paper towels. Season with **salt**, **pepper** and **Shawarma Spice Blend**.
 - When the pan is hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **chicken**. Sear until golden-brown and cooked through, 3-4 min per side.**

Measurements
within steps

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

3 | Cook chicken

🔄 Swap | **Chicken Breast**

If you've opted to get **chicken breasts**, pat dry with paper towels, then cut into 1-inch pieces. Cook them in the same way the recipe instructs you to cook the **diced chicken**.

♦ 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.