



Roasted Shawarma-Spiced Chicken and Bulgur

with Tomato-Herb Salad and Lemon-Garlic Toun

30 Minutes

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](http://www.hellofresh.ca)

Swap



Chicken Thighs*
280g | 560g

Swap



Turkey Breast Portions
340g | 680g



Chicken Breasts*
2 | 4



Sweet Bell Pepper
1 | 2



Bulgur Wheat
½ cup | 1 cup



Chicken Broth Concentrate
1 | 2



Baby Tomatoes
113 g | 227 g



Shawarma Spice Blend
1 tbsp | 2 tbsp



Lemon
1 | 1



Mayonnaise
2 tbsp | 4 tbsp



Garlic, cloves
1 | 2



Parsley
7 g | 14 g

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 | Unsalted butter, pepper, sugar, salt, oil

Cooking utensils | Baking sheet, large non-stick pan, measuring cups, measuring spoons, medium bowl, medium pot, paper towels, small bowl, whisk, zester

1



Roast pepper

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- **Garlic Guide for Step 4:**
 - Mild: ¼ tsp (½ tsp)
 - Medium: ½ tsp (1 tsp)
 - Extra: 1 tsp (2 tsp)

- Core, then cut **pepper** into ½-inch pieces.
- Add **peppers** and **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet. Season with **half the Shawarma Spice Blend, salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, stirring halfway through, until tender, 18-20 min. (**NOTE:** You will add chicken to the baking sheet halfway through roasting.)

4



Prep and make toum

- Meanwhile, halve **tomatoes**.
- Roughly chop **parsley**.
- Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.
- Peel, then mince or grate **garlic**.
- Add **mayo, 1 tsp** (2 tsp) **lemon juice** and ¼ **tsp** (½ tsp) **garlic** to a small bowl. (**NOTE:** Reference garlic guide.) Season with **salt** and **pepper**, then whisk to combine.

♦ 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.

2



Cook chicken

- ◉ **Swap** | **Chicken Thighs**
- ◉ **Swap** | **Turkey Breast Portions**

- Meanwhile, pat **chicken** dry with paper towels. Season with **salt, pepper** and **remaining Shawarma Spice Blend**.
- Heat a large non-stick pan over medium heat.
- When the pan is hot, add **1 tbsp oil**, then **chicken**. (**NOTE:** Cook in batches for 4 ppl, using 1 tbsp per batch.) Sear until golden-brown, 1-2 min per side.
- When **peppers** are halfway done roasting, transfer **chicken** to the other side of sheet.
- Roast in the **middle** of the oven until **chicken** is cooked through and **peppers** are tender, 10-12 min.**

5



Finish bulgur and make salad

- Add **1 tbsp** (2 tbsp) **butter** to the pot with **bulgur**, then stir until melted.
- Stir in **roasted peppers, lemon zest** and **half the parsley**. Set aside.
- Whisk together **remaining lemon juice, ¼ tsp** (½ tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** in a medium bowl.
- Add **tomatoes** and **remaining parsley**. Season with **salt** and **pepper**, then stir to combine.

3



Cook bulgur

- Meanwhile, add ⅔ **cup** (1 ⅓ cups) **water**, ½ **tsp** (1 tsp) **salt** and **broth concentrate** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **bulgur**. Stir to combine, then cover and remove from heat.
- Let stand until **bulgur** is tender and **liquid** is absorbed, 15-16 min.

6



Finish and serve

- Thinly slice **chicken**.
- Divide **bulgur** between plates. Top with **chicken** and **tomato-herb salad**.
- Drizzle **lemon-garlic toum** over top.
- Squeeze a **lemon wedge** over top, if desired

Measurements
within steps

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

2 | Cook chicken

◉ **Swap** | **Chicken Thighs**

If you've opted to get **chicken thighs**, cook them in the same way the recipe instructs you to cook the **chicken breasts**.

2 | Cook turkey

◉ **Swap** | **Turkey Breast Portions**

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