



Roasted Shawarma-Spiced Chicken and Bulgur with Tomato-Herb Salad and Lemon-Garlic Tourn

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

Chicken Thighs* 280g 560g	Tofu 1 2	Chicken Breasts* 4 8
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- 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 peppers

- 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.

2



Cook chicken

🔄 Swap | **Chicken Thighs**

🔄 Swap | **Tofu**

*2 Double | **Chicken Breasts**

- Meanwhile, pat **chicken** dry with paper towels. Season with **salt, pepper** and **remaining Shawarma Spice Blend**.
- Heat a large non-stick pan over medium.
- When the pan is hot, add **1 tbsp oil**, then **chicken**. (**NOTE:** Cook in batches for 4 ppl, using 1 tbsp oil per batch.) Sear until golden, 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 **¾ cup** (1 ½ cups) **water**, **½ tsp** (1 tsp) **salt** and **broth concentrate** to a medium pot. Cover and bring to a boil over high.
- 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

🔄 Swap | **Tofu**

- 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 tofu

🔄 Swap | **Tofu**

If you've opted to get **tofu**, pat **tofu** dry with paper towels. Cut **tofu** in half parallel to the cutting board. (**NOTE:** You will have two square tofu steaks per block.) Using a fork, poke **tofu** all over. Season and sear **tofu** in the same way the recipe instructs you to season and sear the **chicken**, then decrease the roast time to 6-8 min, until **tofu** is tender and golden.

2 | Cook chicken

*2 Double | **Chicken Breasts**

If you've opted for **double chicken**, cook it in the same way the recipe instructs you to cook the **regular portion of chicken**. Work in batches, if necessary.

6 | Finish and serve

🔄 Swap | **Tofu**

Plate **tofu** in the same way the recipe instructs you to plate the **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.