



Roasted Shawarma-Spiced Chicken and Bulgur

with Tomato-Herb Salad and Lemon-Garlic Tourn

30 Minutes



Customized Protein

+ Add

Swap

or

x2 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* 280 g | 560 g
Plant-Based Protein Shreds 200 g | 400 g
Chicken Breasts* 4 | 8



Chicken Breasts*

2 | 4



Sweet Bell Pepper

1 | 2



Bulgur Wheat

1/2 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.

Ingredient quantities 56 g | 113 g
2-serving | 4-serving

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

2



Cook chicken

- 🔄 Swap | **Chicken Thighs**
- 🔄 Swap | **Protein Shreds**
- ✖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 servings, 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 for 10-12 min, until **chicken** is cooked through and **peppers** are tender.**

3



Cook bulgur

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

4



Prep and make toum

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

5



Finish bulgur and make salad

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

6



Finish and serve

- 🔄 Swap | **Protein Shreds**
- 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 you like.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

2 | Cook chicken

🔄 Swap | **Chicken Thighs**

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

2 | Cook protein shreds

🔄 Swap | **Protein Shreds**

If you've opted to get **protein shreds**, when the pan is hot, add **1 tbsp oil**, then **protein shreds**. (**NOTE:** Cook in batches for 4 servings, using 1 tbsp oil per batch.) Cook for 6-8 min, flipping once or twice, until cooked through.** Season with **salt, pepper** and **remaining Shawarma Spice Blend**. Toss to coat.

2 | Cook chicken

✖2 Double | **Chicken Breasts**

If you've opted for **double chicken**, cook 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 | **Protein Shreds**

Disregard instructions to slice **protein shreds**.

* 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 165°F.