



Chicken Shawarma-Style Wraps

with Hummus Dressing and Fresh Salad

25 Minutes

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or

*2 Double

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Swap



Chicken Breasts ⁺
2 | 4



Chicken Thighs ⁺
280 g | 560 g



Flatbread
2 | 4



Shawarma Spice Blend
1 tbsp | 2 tbsp



Feta Cheese, crumbled
1/4 cup | 1/2 cup



Hummus
4 tbsp | 8 tbsp



Spring Mix
56 g | 113 g



Sour Cream
3 tbsp | 6 tbsp



Tomato
2 | 4



Red Wine Vinegar
1 tbsp | 2 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.

Ingredient quantities	56g	113g
	2 person	4 person

Pantry items | Sugar, oil, salt, pepper

Cooking utensils | Baking sheet, medium bowl, aluminum foil, large bowl, small bowl, large non-stick pan, paper towels

1



Prep

- Before starting, preheat the broiler to high.
- Wash and dry all produce.
- Cut **tomatoes** into ¼-inch pieces.
- Add **hummus** and **sour cream** to a small bowl.
- Season with **half the Shawarma Spice Blend**, **salt** and **pepper**, then stir to combine.
- Pat **chicken** dry with paper towels.

2



Prep chicken

- Add **chicken**, **remaining Shawarma Spice Blend** and **1 tbsp** (2 tbsp) **oil** to a medium bowl.
- Season with **salt** and **pepper**, then toss to coat.

3



Cook chicken

- Swap | **Chicken Breasts**
- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp** (1 tbsp) **oil**, then **chicken**. Sear until golden-brown, 2-3 min per side.
- Remove the pan from heat. Transfer **chicken** to a foil-lined baking sheet.
- Broil in the **middle** of the oven until golden-brown and cooked through, 6-8 min.**

4



Warm flatbreads

- When **chicken** is almost done, add **flatbreads** to the other side of the baking sheet with **chicken**. (**NOTE:** For 4 ppl, place flatbreads on a separate unlined baking sheet, toast in the bottom of the oven.)
- Toast until heated through, 1-2 min. (**NOTE:** Keep an eye on flatbreads so they don't burn!)

5



Make salad

- While **flatbreads** toast, add **vinegar**, ¼ **tsp** (½ **tsp**) **sugar** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then stir to combine.
- Add **spring mix** and **half the tomatoes**. Toss to coat.

6



Finish and serve

- Thinly slice **chicken**. Spread **hummus sauce** over **flatbreads**.
- Top **flatbreads** with **chicken**, then sprinkle **remaining tomatoes** and **feta** over top.
- Divide **wraps** and **salad** between plates.

Measurements within steps

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

3 | Cook chicken

○ Swap | **Chicken Breasts**

If you've opted to get **chicken breasts**, prepare, sear and plate them in the same way the recipe instructs you to prepare and sear the **chicken thighs**, then increase the broiling time to 8-12 min, flipping halfway.**

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.



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