



Roasted Shawarma-Spiced Chicken and Bulgur

with Tomato-Herb Salad and Lemon-Garlic Tzoumi

Discovery 35 Minutes



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Chicken Breasts



Chicken Thighs



Sweet Bell Pepper



Bulgur Wheat



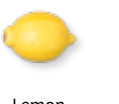
Chicken Broth Concentrate



Baby Tomatoes



Shawarma Spice Blend



Lemon



Mayonnaise



Garlic, cloves



Parsley

CUSTOM RECIPE
This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

HELLO SHAWARMA SPICE BLEND
Our Shawarma Spice Blend is a unique blend of smoky, sweet and delicious!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Garlic Guide for Step 4:

- Mild: 1/4 tsp (1/2 tsp) • Medium: 1/2 tsp (1 tsp)
- Extra: 1 tsp (2 tsp)

Bust out

Baking sheet, medium bowl, vegetable peeler, measuring spoons, zester, medium pot, small bowl, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts *	2	4
Chicken Thighs *	280 g	560 g
Sweet Bell Pepper	160 g	320 g
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
Sugar*	¼ tsp	½ tsp
Oil*		
Salt and Pepper*		

* Pantry items

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

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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.



Roast sweet peppers

- 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 cooking.)



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 garlic** to a small bowl. (**NOTE:** Reference garlic guide.) Season with **salt and pepper**, then whisk to combine.



Cook chicken

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

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



Finish bulgur and make salad

- Stir **roasted peppers, lemon zest** and **half the parsley** into **bulgur**. 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.



Cook bulgur

- Meanwhile, add **¾ 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 the pot from heat.
- Let stand, until **bulgur** is tender and **liquid** is absorbed, 15-16 min.



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.

Dinner Solved!