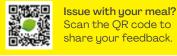


Roasted Shawarma-Spiced Chicken and Bulgur

with Tomato-Herb Salad and Lemon-Garlic Toum

Discovery

35 Minutes















Mayonnaise

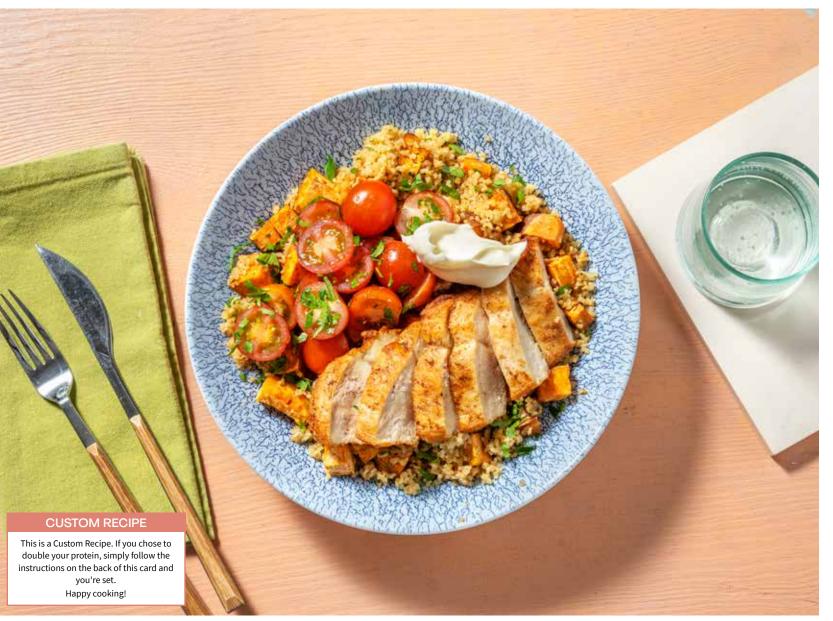


Lemon

Garlic, cloves



Parsley



Start here

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

Measurements , 1 tbsp , (2 tbsp), within steps

oil

Garlic Guide for Step 4:

- Mild: ¼ tsp (½ 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

Inaredients

9		
	2 Person	4 Person
Chicken Breasts •	2	4
Double Chicken Breasts	4	8
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
Sugar*	1/4 tsp	½ tsp
Unsalted Butter*	1 tbsp	2 tbsp
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.



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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.)



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 for **double chicken**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of chicken. Work in batches, if necessary.



Cook bulgur

- Meanwhile, add 3/3 cup (1 1/3 cups) water, 1/2 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.



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 1/4 tsp (1/2 tsp) garlic to a small bowl. (NOTE: Reference garlic guide.) Season with salt and pepper, then whisk to combine.



Finish bulgur and make salad

- Stir 1 tbsp (2 tbsp) butter into bulgur, until melted.
- Stir roasted peppers, lemon zest and half the parsley into bulgur. Set aside.
- Whisk together remaining lemon juice, 1/4 tsp (1/2 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.



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!