



# Roasted Shawarma-Spiced Chicken and Bulgur

with Tomato-Herb Salad and Lemon-Garlic Toum

Discovery

35 Minutes



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Chicken Breasts



Double Chicken Breasts



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 double 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 tbsp) **oil**  
2 person 4 person Ingredient

### Garlic Guide for Step 4:

- Mild: ¼ tsp (½ tsp)
- Medium: ½ 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
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*	¼ 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.)



### 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.



### 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.



### 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, 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 ½ 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 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!