



SHAWARMA-SPICED CHICKEN

with Pomegranate, Dried Apricots and Carrots

PRONTO



HELLO

POMEGRANATE

A rich source of heart-healthy antioxidants, this fruit is a better source than most others.

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 738



Chicken Thighs



Garlic



Carrot, chopped



Parsley



Dried Apricots



Bulgur Wheat



Onion, chopped



Tomato Paste



Shawarma Spice Blend



Greek Yogurt



Pomegranate



Chicken Broth Concentrate

BUST OUT

- Garlic Press
- 2 Small Bowls
- Medium Pot
- Large Non-Stick Pan
- Measuring Cups
- Salt and Pepper
- Large Bowl
- Olive or Canola oil
- Strainer

INGREDIENTS

2-person | 4-person

- Chicken Thighs 340 g | 680 g
- Garlic 10 g | 20 g
- Carrot, chopped 170 g | 340 g
- Parsley 10 g | 20 g
- Dried Apricots 9 56 g | 113 g
- Bulgur Wheat 1 ½ cup | 1 cup
- Onion, chopped 56 g | 113 g
- Tomato Paste 2 tbsp | 4 tbsp
- Shawarma Spice Blend 1 tbsp | 2 tbsp
- Greek Yogurt 2 100 g | 200 g
- Pomegranate 1 | 1
- Chicken Broth Concentrate 1 | 2

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

*Laver et sécher tous les aliments.



START STRONG

Our super easy method for removing the arils from the pomegranate will save time and frustration!



1 PREP AND COOK ONIONS

Wash and dry all produce.*

Mince or grate the **garlic**. Thinly slice the **apricots**. Heat a medium pot over medium heat. Add a drizzle of **oil**, then the **onions** and garlic. Cook, stirring occasionally, until the onions soften, 4-5 min.



4 COOK CHICKEN

Pat the **chicken** dry with paper towels then, cut into 1-inch wide strips. Sprinkle with the **shawarma spice blend** and season with **salt and pepper**. Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **carrots** and chicken. Cook until the carrots soften, and the chicken is golden-brown and cooked through, 7-8 min.



2 COOK BULGUR

Add **¾ cup salted water** (double for 4 ppl), **half the broth concentrate** (1 pkg for 4 ppl), **apricots** and **bulgur** to the pot. Cover and bring to a boil over medium-high heat. Once boiling, remove the pot from the heat and let stand until the bulgur is tender and liquid has been absorbed, 15-16 min.



5 MAKE SAUCE

Add the **tomato paste**, **remaining broth concentrate** and **½ cup water** (double for 4 ppl) to the pan. Stir together to warm through, 1-2 min. Season with **salt and pepper**. Remove from the heat and set aside. Roughly chop the **parsley**. In another small bowl, stir together **half the parsley** with the **yogurt**. Season with **salt and pepper**.



3 PREP POMEGRANATE

Meanwhile, fill a large bowl with **water**. Cut a ¾-inch deep "X" on top of the **pomegranate**. In the large bowl, submerge the fruit, X-side up, under the water. Pry open by pulling outwards on the X, to release the seeds (also called arils). Remove the peel and pith (they will float to the top of the water). Drain the arils and transfer to a small bowl. Set aside.



6 FINISH AND SERVE

Fluff the **bulgur** with a fork and stir in the **remaining parsley**. Divide between plates and top with the **chicken mixture**. Sprinkle over as many **pomegranate seeds** as you like. Dollop with the **yogurt**.

HERBED FINISH

A dollop of yogurt to top this dish complements the spice blend and fruity acidity.