

Chicken and Halloumi Shawarma

with Roasted Garlic Yoghurt, Spiced Chips and Lettuce Salad

Street Food 40-45 Minutes • Mild Spice • 2 of your 5 a day







Baking Potato



Chermoula Spice



Red Onion



Chicken Thigh



Roasted Spice



Garlic Clove

and Herb Blend



Low Fat Natural Yoghurt



Halloumi



Iceberg Lettuce



Medium Tomato



Greek Style Flatbreads

Pantry Items Oil, Salt, Pepper, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Baking tray, aluminium foil, kitchen scissors, bowl and frying pan.

Ingredients

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|--|----------|----------|----------|--|
| Ingredients | 2P | 3P | 4P | |
| Baking Potato | 1 | 11/2 | 2 | |
| Chermoula Spice Mix | ½ sachet | ¾ sachet | 1 sachet | |
| Red Onion** | 1 | 1 | 2 | |
| Chicken Thigh** | 3 | 4 | 6 | |
| Roasted Spice and Herb Blend | 1 sachet | 1 sachet | 1 sachet | |
| Garlic Clove** | 2 | 3 | 4 | |
| Low Fat Natural Yoghurt** 7) | 75g | 150g | 150g | |
| Halloumi** 7) | 225g | 337g | 450g | |
| Iceberg Lettuce** | 1 | 2 | 2 | |
| Medium Tomato | 1 | 1 | 2 | |
| Greek Style Flatbreads 13) | 2 | 3 | 4 | |
| Pantry | 2P | 3P | 4P | |
| Olive Oil for the Dressing* | 1 tbsp | 1½ tbsp | 2 tbsp | |
| | | | | |

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 758g | 100g |
| Energy (kJ/kcal) | 4567 /1092 | 603/144 |
| Fat (g) | 56.3 | 7.4 |
| Sat. Fat (g) | 24.3 | 3.2 |
| Carbohydrate (g) | 76.8 | 10.1 |
| Sugars (g) | 16.6 | 2.2 |
| Protein (g) | 73.5 | 9.7 |
| Salt (g) | 3.97 | 0.52 |
| | | |

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Spice the Chips

Preheat your oven to 220°C/200°C fan/gas mark 7. Chop the **potato** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with oil, sprinkle over the chermoula spice mix (add less if you'd prefer things milder), then season with salt and pepper. Toss to coat, then spread out in a single layer. TIP: Use two baking trays if necessary. When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Roast the Chicken

Meanwhile, halve and peel the red onion, then cut each half into 3 wedges.

Pop the chicken thighs and onion onto another large baking tray. Drizzle with oil, sprinkle over the roasted spice and herb blend, then season with salt and pepper. Toss to coat, then arrange in an even layer.

Roast on the middle shelf of your oven until golden, 20-25 mins. IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Garlic Yoghurt Time

While everything cooks, pop the **garlic** (unpeeled) into a piece of foil with a drizzle of oil and scrunch to enclose it. Add it to the chicken baking tray and roast until soft, 10-12 mins.

Once the **garlic** has roasted and cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.

Pop the roasted garlic and yoghurt into a small bowl, season with salt and pepper, then mix together and set aside.

Meanwhile, drain the halloumi, then cut it into 3 slices per person.



Fry the Halloumi

Halfway through the chicken cooking time, heat a drizzle of oil in a large frying pan on medium-high heat.

Once hot, add the halloumi and fry until golden, 2-3 mins each side. Remove from the heat.

Meanwhile, trim the **lettuce**, guarter, then separate the leaves.

Cut the **tomato** into 1cm chunks and pop into a medium bowl with the olive oil for the dressing (see pantry for amount). Season with salt and pepper, then set aside.



Finish Up

When everything's almost ready, pop the flatbreads (1 per person) into the oven until warm and starting to turn golden, 3-4 mins.

Remove the **cooked chicken** and **onion** from the oven, then use two forks to pull the chicken apart into shreds.

Add the **lettuce** to the bowl of **tomatoes** and toss in the dressing.



Assemble and Serve

Transfer the **flatbreads** to your plates and top with the pulled chicken, roasted onion and fried halloumi.

Spoon over the roasted garlic yoghurt.

Serve the salad and spiced chips alongside.

Enjoy!