

Shawarma Inspired Chicken in Smoky Sauce

with Charred Courgette and Garlic Butter Bulgur

Calorie Smart 25-30 Minutes • Mild Spice • 2 of your 5 a day • Under 650 Calories



Garlic Clove



Bulgur Wheat



Chicken Stock Paste



Courgette



Leek



Diced British Chicken Breast



Chermoula Spice Mix



Tomato Puree



Smoky Base Paste



Greek Style Natural Yoghurt



Toasted Flaked Almonds



Our Shawarma Inspired Chicken in Smoky Sauce brings the flavours of the Middle Eastern dish shawarma, a meat dish that's stacked and roasted on a vertical spit. Whilst not using the method, we're still bringing the smoky flavour!

Pantry Items

Oil, Salt, Pepper, Butter, Honey

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Garlic press, saucepan, lid, frying pan and bowl.

Ingredients

| Ingredients | 2P | 3P | 4P |
|--|----------|------------|-----------|
| Garlic Clove** | 3 | 4 | 5 |
| Bulgur Wheat 13 | 120g | 180g | 240g |
| Chicken Stock Paste | 20g | 30g | 40g |
| Courgette** | 1 | 1½ | 2 |
| Leek** | 1 | 1½ | 2 |
| Diced British Chicken Breast** | 240g | 390g | 520g |
| Chermoula Spice Mix | 1 sachet | 1 sachet | 2 sachets |
| Tomato Puree | 30g | 45g | 60g |
| Smoky Base Paste | 1 sachet | 1½ sachets | 2 sachets |
| Greek Style Natural Yoghurt** 7 | 75g | 150g | 150g |
| Toasted Flaked Almonds 2 | 15g | 25g | 30g |
| Pantry | 2P | 3P | 4P |
| Butter* | 15g | 20g | 30g |
| Water for the Bulgur* | 220ml | 330ml | 440ml |
| Honey* | 1 tbsp | 1½ tbsp | 2 tbsp |
| Water for the Sauce* | 100ml | 150ml | 200ml |

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 652g | 100g |
| Energy (kJ/kcal) | 2660 /636 | 408 /98 |
| Fat (g) | 19.9 | 3.1 |
| Sat. Fat (g) | 8.1 | 1.2 |
| Carbohydrate (g) | 71.2 | 10.9 |
| Sugars (g) | 19.7 | 3.0 |
| Protein (g) | 45.6 | 7.0 |
| Salt (g) | 3.47 | 0.53 |

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

2) Nuts **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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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1 Cook the Garlic Bulgur

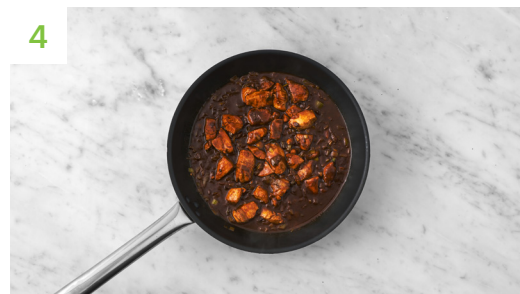
Peel and grate the **garlic** (or use a garlic press).

Pop a large saucepan on medium heat. Melt in the **butter** (see pantry for amount).

When the **butter** has melted, add **half the garlic** and stir-fry for 30 secs. Add the **bulgur wheat** and stir-fry for another 30 secs.

Next, stir in **half the chicken stock paste** and the **water for the bulgur** (see pantry for amount). Bring to the boil, then simmer for 1 min.

Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



4 Time to Simmer

Stir the **smoky base paste, honey** and **water for the sauce** (see pantry for both amounts) and the remaining **chicken stock paste**.

Bring to the boil, then lower the heat so the **sauce** simmers gently. Cook until the **chicken** is cooked through, 5-6 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*



2 Char the Courgette

Meanwhile, trim the **courgette**, then quarter lengthways. Chop widthways into 1cm chunks.

Heat a drizzle of **oil** in a large frying pan on high heat. When hot, add the **courgette** and cook until charred, 6-8 mins total. Turn only every couple of mins.

Meanwhile, trim the root and dark green leafy part from the **leek** and discard. Halve lengthways, then thinly slice.

Once cooked, transfer the **courgette** to a bowl.



5 Finishing Touches

Once the **chicken** is cooked, stir in the **charred courgette**.

Season with **salt** and **pepper**, then remove from the heat. Add a splash of **water** if the **sauce** is a little too thick.



3 Fry the Chicken

Pop the (now empty) frying pan back on medium-high heat with a drizzle of **oil**.

Once hot, add the **diced chicken** and **leek** to the pan and season with **salt** and **pepper**.

Cook until browned all over, 5-6 mins. Turn occasionally. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*

Once browned, add the **chermoula spice mix, tomato puree** and remaining **garlic**. Fry for 30 secs more.



6 Serve Up

Share the **garlic bulgur** between your serving bowls and spoon the **smoky chicken** on top.

Drizzle over the **yoghurt** and sprinkle over the **flaked almonds** to finish.

Enjoy!