



CHICKEN SHAWARMA

with Chickpeas and Dukkah Courgettes



HELLO DUKKAH

This chunky spice mix takes its name from the Arabic word for 'to crush' or 'to pound'.



Chicken Breast



Shawarma Seasoning



Courgette



Dukkah Spice Mix



Echalion Shallot



Garlic Clove



Mint



Chickpeas



Chicken Stock Pot



Water



Lemon



Greek Yoghurt

MEAL BAG

30 mins

2 of your 5 a day

Medium Heat

Shawarma is traditionally cooked on a vertical spit and grilled for a whole day. Do you have a vertical spit and a whole day? If so, go for it! If not, try this cheat's method that André has come up with. All the delicious grilled flavour with none of the faff!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Baking Tray**, **Frying Pan**, some **Foil**, a **Fine Grater** (or **Garlic Press**), **Sieve** and **Measuring Jug**. Now, let's get cooking!



1 BUTTERFLY THE CHICKEN

Preheat your grill to high. Lay a **chicken breast** on a chopping board, place your hand flat on top of it and slice into it from the side so it opens like a book. You've now **butterflied** your **chicken**! Repeat for all breasts. Sprinkle over **two-thirds** of the **shawarma seasoning** and a good pinch of **salt**. Drizzle on a glug of **oil**. Massage the flavours into the **chicken** then set aside. Wash your hands, chopping board and knife!



2 GRILL THE COURGETTE

Remove the top and bottom from the **courgette**, quarter lengthways and chop each quarter into three batons. Pop the **courgette** on a baking tray and drizzle over a little **oil**. Sprinkle on a pinch of **salt** and the remaining **shawarma seasoning**. Toss to coat and spread out on the baking tray. Grill until charred at the edges, 7-10 mins. When done, sprinkle over **half** the **dukkah spice mix** and keep to one side.



4 PREP THE VEGGIES

Meanwhile, halve, peel and thinly slice the **shallot** into half moons. Peel and grate the **garlic** (or use a garlic press). Pick the **mint leaves** from their stalks and finely chop (discard the stalks). Drain the **chickpeas** in a and rinse under cold water.



5 COOK THE CHICKPEAS

Put a splash of **oil** in your now empty frying pan over medium heat. Add the **shallot** and cook until soft, 5 mins. Add the **garlic** and cook for 1 minute more. Stir in the **chicken stock pot** and add the **water** (amount specified in the ingredient list). Bring to the boil, then add the **chickpeas**. Cook until the **stock** has reduced by two-thirds, 5 mins. Add a squeeze of **lemon juice** and stir in **half** the **mint**.



3 FRY THE CHICKEN

Heat a frying pan over medium-high heat (no **oil**). When hot, add the **chicken**. Cook for 12-15 mins. Turn every now and then to make sure it browns evenly and doesn't burn. Do this in batches if you only have a small frying pan. When the **chicken** is done, transfer it to a plate and cover with foil to keep warm. **★ TIP:** *The chicken is cooked when it is no longer pink in the middle No need to wash the pan!*



6 FINISH AND SERVE

Spoon the **chickpea mixture** and top with some **dukkah courgettes**. Slice each **chicken breast** into five strips and place on top. Finish with a generous dollop of **Greek yoghurt** and a sprinkling of the remaining **mint** and **dukkah**. **Enjoy!**

2 PEOPLE INGREDIENTS

Chicken Breast, butterflied	2
Shawarma Seasoning	1½ tsp
Courgette, chopped	1
Dukkah Spice Mix (5) (8) (9) (11)	1 tbsp
Echalion Shallot, sliced	1
Garlic Clove, grated	1
Mint, chopped	1 bunch
Chickpeas	1 tin
Chicken Stock Pot	½
Water*	100ml
Lemon	½
Greek Yoghurt (7)	½ pot

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	427	82
(kJ)	1793	346
Fat (g)	15	3
Sat. Fat (g)	5	1
Carbohydrate (g)	19	4
Sugars (g)	8	2
Protein (g)	51	10
Salt (g)	1.98	0.38

ALLERGENS

5)Peanut 7)Milk 8)Nut 9)Celery 11)Sesame

Chicken Stock Pot: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract

Dukkah Spice Mix :Sesame seeds, Almonds, Hazelnuts, Peanuts, walnuts, pumpkin seeds, sunflower seeds, poppy seeds, thyme, coriander, cumin, celery salt, black pepper, paprika, cayenne.

👍 THUMBS UP OR THUMBS DOWN?

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