



# CHICKEN SHAWARMA

with Bulgur & Green Bean Tabbouleh



## HELLO BULGUR WHEAT

*In Indian cuisine bulgur wheat is eaten as a cereal with milk and sugar!*



Green Beans



Flat Leaf Parsley



Lemon



Chicken Stock Powder



Garlic Clove



Bulgur Wheat



Diced Chicken Breast



Shawarma Seasoning Mix



Greek Yoghurt

MEAL BAG

20 mins

Little heat

Rapid recipe

André is a huge fan of our Shawarma seasoning mix, and it's no surprise, it's delicious! He used to add it to so many recipes that he had to be banned from using it for a while, but luckily for you, the ban has been lifted! André's marinated some juicy chicken here, it's a speedy winner!

GET **PREPARED!**

Fill and boil your **Kettle**.

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# BEFORE YOU START

🔥 Fill and boil your **kettle**. 🧼 Wash the veggies. 🍴 Make sure you've got a **Fine Grater, Measuring Jug, Large Saucepan** (with a **Lid**) and **Frying Pan**. Let's start cooking the **Chicken Shawarma with Bulgur & Green Bean Tabbouleh**.



## 1 PREP TIME

- Trim the **green beans** then chop into thirds.
- Roughly chop the **flat leaf parsley** (stalks and all).
- Zest, then halve the **lemon**. Peel and grate the **garlic** (or use a garlic press).
- Pour the boiling **water** (see ingredients for amount) into a measuring jug. Add the **stock powder** and stir to dissolve.



## 4 FRY THE CHICKEN

- Heat a frying pan over medium-high heat (no oil). When the pan is hot, add the **chicken** and brown for 2 mins.
- Lower the heat to medium and fry until the **chicken** is cooked through 8-10 mins. Turn every couple of minutes. **! IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.*



## 2 COOK THE BULGUR

- Heat a splash of **oil** in a large saucepan over medium-high heat.
- Add the **green beans**, stir-fry for 3 mins then add **half** the **garlic** and cook for another minute.
- Add the **bulgur wheat** and **stock**. Bring back to the boil, pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



## 5 FINISH THE CHICKEN

- Once the **chicken** is done, add the remaining **garlic** and cook for another minute.
- Remove from the heat, stir in **half** the **parsley** and squeeze on a little **lemon juice** to taste.



## 3 SEASON THE CHICKEN

- Pop the **chicken** onto a plate. Season with **salt**.
- Drizzle on a splash of **oil** and sprinkle over the **shawarma seasoning mix**.
- Rub the **seasonings** into the **chicken**. **! IMPORTANT:** *Remember to wash your hands and equipment after handling raw meat.*



## 6 SERVE

- When the **bulgur** is cooked, stir in the **lemon zest** and the remaining **parsley**.
- Season to taste with **lemon juice**, **salt** and **pepper**.
- Share the **tabbouleh** between your plates and top with the **chicken shawarma**.
- Finish with a dollop of **Greek yoghurt**.

Enjoy!

# 2-4 PEOPLE INGREDIENTS

	2P	3P	4P
Green Beans *	1 small pack	1 large pack	2 small packs
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Lemon *	1	1½	2
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Garlic Clove *	1	2	2
Bulgur Wheat 13)	150g	225g	300g
Diced Chicken Breast *	280g	420g	560g
Shawarma Seasoning Mix	1 small pot	¾ large pot	1 large pot
Greek Yoghurt 7) *	½ pouch	¾ pouch	1 pouch
Water*	300ml	450ml	600ml

\*Not Included \* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 412G	PER 100G
Energy (kJ/kcal)	2305 / 551	560 / 134
Fat (g)	11	3
Sat. Fat (g)	5	1
Carbohydrate (g)	64	16
Sugars (g)	8	2
Protein (g)	48	12
Salt (g)	0.49	0.12

Nutrition for uncooked ingredients based on 2 person recipe.

## ALLERGENS

7) Milk 13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

## 👍 THUMBS UP OR THUMBS DOWN?

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