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## Chicken Shawarma Kebabs with Jewelled Tabbouleh

Do you know the Edgware Road in London? It runs north-west through our capital city from Marble Arch to Edgware on the outskirts of London. Since the 19th century, Edgware Road has been famed for its delicious Middle Eastern food, from kebabs to the very chicken shawarma that inspired this HelloFresh recipe.

 30 mins

 family box

 healthy



Chicken Breast  
(3)



Shawarma Spice Mix  
(1 tbsp)



Red Onion  
(1)



Bamboo Skewers  
(8)



Boiling Water  
(600ml)



Bulgur Wheat  
(1 cup)



Red Pepper  
(1)



Mint  
(5 tbsp)



Flat Leaf Parsley  
(5 tbsp)



Coriander  
(5 tbsp)



Lemon  
(1)



Garlic Clove  
(1)



Natural Yoghurt  
(1 pot)



Pomegranate Seeds  
(1 pack)

#### 4 PEOPLE INGREDIENTS

- Chicken Breast
- Shawarma Spice Mix
- Red Onion, chopped
- Bamboo Skewers
- Boiling Water
- Bulgur Wheat
- Red Pepper, chopped

- 3 • Mint, chopped
- 1 tbsps • Flat Leaf Parsley, chopped
- 1 • Coriander, chopped
- 8 • Lemon
- 600ml • Garlic Clove, grated
- 1 cup • Natural Yoghurt
- 1 • Pomegranate Seeds
- 5 tbsps
- 5 tbsps
- 5 tbsps
- 1
- 1
- 1 pot
- 1 pack



Our fruit and veggies may need a little wash before cooking!

#### Did you know...

In Arabic, shawarma refers to the turning action involved when cooking shawarma style kebabs.

Allergens: Milk, Gluten.

#### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	381 kcal / 1613 kJ	4 g	1 g	45 g	6 g	42 g	0 g
Per 100g	106 kcal / 448 kJ	1 g	0 g	12 g	2 g	12 g	0 g

3



1 Chop the **chicken** into 2cm cubes and place in a mixing bowl. Add the **shawarma spice**, a good splash of **olive oil** and a pinch of **salt**. Mix well and leave to one side.

2 Wash your hands. Using a clean chopping board and knife, peel the **red onion** and remove both ends. Cut the **red onion** into quarters and separate the inner parts from the outer layers. Cut the outer layers in half to create chunks for your skewers. Finely chop the inner parts and put to the side for later.

3 Now to make the skewers! Feed alternate pieces of **chicken** and outer **red onion** chunks onto the **skewers** until all of your **chicken** and outer **red onion** chunks are used up. Set aside.

5



4 In a pot bring the exact quantity of **water** to the boil (as stated above). Remove from the heat once boiling and stir in the **bulgur wheat**. Season with a good sprinkling of **salt** and a good grind of **black pepper**. Stir in a splash of **olive oil**. Cover the pot and leave for 15 mins.

5 Pre-heat your grill to medium-high and then prepare the rest of your ingredients. Remove the core from the **red pepper** and chop into 1cm squares. Pick the leaves from the **mint**, **flat leaf parsley** and **coriander**, discard the stalks and roughly chop. Zest and juice the **lemon**.

6



6 Cook the **chicken** skewers under your grill for 10-12 mins. Turn halfway through to ensure even cooking. **Tip:** *The chicken is cooked when it's no longer pink in the middle.*

7 For the dressing, peel and grate the **garlic** and mix with the **yoghurt**. Season with a pinch of **salt** and a good grind of **black pepper**.

8



8 Whilst your chicken continues to cook, stir your chopped **herbs**, finely chopped **onion**, **red pepper**, **lemon zest** and **juice** into your **bulgur wheat** and then taste for seasoning. Stir in another splash of **olive oil**.

9 Place your **chicken** skewers on top of a generous pile of your **tabbouleh** and finish with a dollop of garlicky **yoghurt**. Sprinkle with **pomegranate seeds** and serve.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!