



More Than Food
HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on You'll be entered into our weekly photo contest!

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

1 of your 5 a day

mild

family box

mealkit



Chicken Breast (3)



Shawarma Seasoning (1 tbsp)



Red Onion (1)



Bamboo Skewers (8)



Water (600ml)



Bulgur Wheat (200g)



Red Pepper (1)



Mint (1 bunch)



Flat Leaf Parsley (1 bunch)



Coriander (1 bunch)



Lemon (1)



Garlic Clove (1)



Natural Yoghurt (1 pot)



Pomegranate Seeds (50g)


4 PEOPLE INGREDIENTS

- Chicken Breast **3**
- Shawarma Seasoning **1 tbsp**
- Red Onion, chopped **1**
- Bamboo Skewers **8**
- Water **600ml**
- Bulgur Wheat **200g**
- Red Pepper, chopped **1**
- Mint, chopped **1 bunch**
- Flat Leaf Parsley, chopped **1 bunch**
- Coriander, chopped **1 bunch**
- Lemon **1**
- Garlic Clove, grated **1**
- Natural Yoghurt **1 pot**
- Pomegranate Seeds **50g**

Allergens: Milk, Gluten.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	380 kcal / 1612 kJ	4 g	1 g	45 g	6 g	42 g	0 g
Per 100g	107 kcal / 453 kJ	1 g	0 g	13 g	2 g	12 g	0 g

 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.



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



2 Wash your hands, chopping board and knife. Peel the **red onion** and remove both ends. Cut your **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 **onion** pieces onto the **skewers** until all are used up. Set aside. These are your chicken shawarma kebabs!



4 Bring a pot of **water** (amount specified in the ingredient list) to the boil. Remove from the heat once boiling and stir in the **bulgur wheat**. Season with a good sprinkling of **salt** and a grind of **black pepper**. Stir in a splash of **olive oil**. Cover the pot and leave for 15 mins.

5 Preheat 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**, **parsley** and **coriander**, discard the stalks and roughly chop the **leaves**. Zest and juice the **lemon**.

6 Place your **chicken shawarma kebabs** on an oven tray and cook under your grill for 10-12 mins. Turn halfway through to ensure even cooking. **Tip:** *The chicken is cooked when it is no longer pink in the middle.*

7 Whilst your chicken cooks, stir your **herbs**, finely chopped **onion**, **pepper**, **lemon** zest and **juice** into your **bulgur wheat** and then taste for seasoning. Stir in another splash of **olive oil**. This is your tabbouleh! For the dressing, peel and grate the **garlic** (or use a garlic press if you have one) and mix with the **yoghurt**. Season with a pinch of **salt** and a good grind of **black pepper**.

8 Place your **chicken shawarma kebabs** 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!