

# Chicken Shawarma

with Chickpeas and Dukkah Courgettes





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







Shawarma Seasoning





**Dukkah Spice Mix** 



**Echalion Shallot** 









Chicken Stock Pot



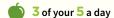


Lemon



Greek Yoghurt

30 mins



**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), Colander and Measuring Jug. Now, let's get cooking!



### **BUTTERFLY THE CHICKEN**

Preheat your grill to high. Lay a **chicken** breast on a chopping board, place your hand flat on top and slice into it from the side. Open it up like a book. This is called butterflying! Repeat with the remaining 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 it aside. Wash your hands, chopping board and knife!



PREP THE VEGGIES Meanwhile, halve, peel and slice the **shallot** into thin 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 colander and rinse under cold water.



**COOK THE COURGETTE** Remove the top and bottom from the courgette. Quarter lengthways then 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 set aside.



**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.



#### **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. \* TIP: The chicken is cooked when it is no longer pink in the middle. When the **chicken** is cooked, transfer it to a plate and cover with foil to keep warm. No need to wash the pan!



**FINISH AND SERVE** Spoon the **chickpea mixture** onto plates and top with some dukkah courgette. 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!

## **INGREDIENTS**

Chicken Breast	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	1/2
Water*	100ml
Lemon	1/2
Greek Yoghurt 7)	1 pot
White the should also	

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	495	87
(kJ)	2076	365
Fat (g)	20	3
Sat. Fat (g)	8	1
Carbohydrate (g)	22	4
Sugars (g)	10	2
Protein (g)	54	9
Salt (g)	2.08	0.37

#### **ALLERGENS**

5)Peanuts 7)Milk 8)Nuts 9)Celery 11)Sesame

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



#### THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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