



Chicken Shawarma

with Chickpeas and Dukkah Courgettes



HELLO DUKKAH

This chunky spice blend takes its name from the Arabic 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

30 mins

3 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**), **Colander** 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 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!



2 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.



4 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.



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. **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!



6 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!**

2 PEOPLE 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 | ½ |
| Water* | 100ml |
| Lemon | ½ |
| Greek Yoghurt (7) | 1 pot |

*Not Included

| 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.

You made this, now show it off! Share your creations with us:

