



VEGAN SHAWARMA-SPICED PORTOBELLO SKEWERS

with Bell Pepper, Green Beans, Lemony Rice & Hummus Sauce

INGREDIENTS

2 PERSON | 4 PERSON



8 | 16
Wooden Skewers



2 | 4
Portobello
Mushrooms



1 | 2
Green Bell
Pepper



1 | 2
Red Onion



6 oz | 12 oz
Green Beans



1 | 2
Lemon



1 TBSP | 1 TBSP
Shawarma Spice
Blend



¾ Cup | 1½ Cups
Jasmine Rice



½ Cup | 1 Cup
Hummus
Contains: Sesame



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THERE TOO. SCAN HERE TO GET HELP!



HELLO

SHAWARMA SPICE BLEND

This aromatic spice blend features turmeric, cumin, coriander, and allspice.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 600



STOP THE SCORCH

Why soak the skewers in Step 1? It helps prevent the wood from burning while the veggies cook.

BUST OUT

- Zester
- Large bowl
- 2 Baking sheets
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Small pot
- Medium bowl
- Whisk

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1 PREP

- Adjust racks to top and middle positions and preheat oven to 425 degrees. **Wash and dry produce.**
- Place **skewers** in a shallow dish and cover with **water** to soak.
- Using the tip of a spoon, remove and discard black gills from undersides of **mushrooms**; trim any large stems if necessary. Cut mushrooms into 1-inch pieces. Core and cut **bell pepper** into 1-inch pieces. Halve, peel, and cut **onion** into 1-inch-thick wedges, then halve wedges crosswise. Trim **green beans** if necessary. Zest and quarter **lemon**.



4 MAKE HUMMUS SAUCE

- Meanwhile, in a medium bowl, whisk together **hummus** and **juice from one lemon wedge (two wedges for 4 servings)**.
- Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper**.



2 MAKE SKEWERS

- In a large bowl, combine **mushrooms**, **bell pepper**, and **onion** with a **large drizzle of oil** and **half the Shawarma Spice Blend (all for 4 servings)**. Season with **salt** and **pepper**; toss to coat.
- Thread each **skewer** with **3-6 veggie pieces**, alternating between veggies (**you'll make 3-4 skewers per person**).
- Arrange **veggie skewers** on a baking sheet; roast on top rack until browned and tender, 20-25 minutes.



5 FINISH RICE

- Fluff **rice** with a fork; stir in **juice from two lemon wedges (four wedges for 4 servings)** and a **pinch of lemon zest**.
- Taste and season with **salt**, **pepper**, and more lemon juice if needed.



3 COOK RICE & GREEN BEANS

- Meanwhile, in a small pot, combine **rice**, **1¼ cups water (2¼ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.
- While rice cooks, toss **green beans** on a second baking sheet with a **drizzle of oil**, **salt**, and **pepper**.
- Roast on middle rack until green beans are browned and tender, 12-15 minutes.



6 SERVE

- Divide **lemony rice**, **green beans**, and **veggie skewers** between plates. Divide **hummus sauce** between small serving bowls and serve alongside for dipping.