



SHAWARMA-SPICED CHICKEN & BULGUR WRAPS

with Feta, Cucumber & Scallion Yogurt Sauce

INGREDIENTS

2 PERSON | 4 PERSON



2 | 4
Scallions



1 Clove | 1 Clove
Garlic



1 | 2
Tomato



1 | 2
Mini Cucumber



1 TBSP | 2 TBSP
Shawarma Spice Blend



½ Cup | 1 Cup
Bulgur Wheat
Contains: Wheat



10 oz | 20 oz
Chopped Chicken Breast



2 TBSP | 4 TBSP
Yogurt
Contains: Milk



½ Cup | 1 Cup
Feta Cheese
Contains: Milk



2 | 4
Flour Tortillas
Contains: Soy, Wheat



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



HELLO

BULGUR

This nutty cracked wheat cooks up
fast and fluffy.

PREP: 10 MIN | COOK: 30 MIN | CALORIES: 710



THAT'S A WRAP

To roll the perfect wrap, warm your tortillas to make them more pliable and don't overstuff—½ cup of filling is just about right.

BUST OUT

- Small pot
- Small bowl
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Olive oil (2 tsp | 2 tsp)

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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1 PREP

- **Wash and dry produce.**
- Trim and thinly slice **scallions**, separating whites from greens. Peel and mince or grate **garlic**. Dice **tomato**. Trim and slice **cucumber** lengthwise into ¼-inch-thick planks, then slice lengthwise to create ¼-inch-thick matchsticks.



4 MAKE SAUCE & BULGUR SALAD

- While chicken cooks, in a small bowl, combine **yogurt**, **half the scallion greens**, and a **drizzle of olive oil**. Taste and season with **salt** and **pepper**.
- Drain any excess water from **bulgur**; fluff with a fork.
- To bulgur, add **tomato**, **half the feta** (all for 4 servings), remaining scallion greens, and a **drizzle of olive oil**. Stir to combine. Taste and season with **salt** and **pepper**.



2 COOK BULGUR

- Heat a **drizzle of oil** in a small pot over medium-high heat. Add **scallion whites**, **half the garlic** (all for 4 servings), and **half the Shawarma Spice Blend**. Cook, stirring, until scallion whites are softened and fragrant, 30 seconds.
- Add **bulgur**, **1 cup water** (2 cups for 4), and a **pinch of salt and pepper**; stir to combine.
- Bring to a boil, then cover and reduce to a low simmer. Cook until water has absorbed and bulgur is tender, 12-15 minutes. Keep covered off heat until ready to use in Step 4.



5 ASSEMBLE WRAPS

- Place **tortillas** on a clean work surface. Spread **scallion yogurt sauce** across bottom third of each tortilla; top with **cucumber**, **chicken**, and as much **bulgur salad** as you like. **TIP: If you have time, wrap your tortillas in damp paper towels and microwave for 30 seconds so they're easier to fold.**
- Fold bottom edge of each tortilla over **filling**, then fold over left and right sides toward filling. Roll up tortillas, starting with filled sides, to form **wraps**.



3 COOK CHICKEN

- Open package of **chicken*** and drain off any excess liquid. Season all over with **remaining Shawarma Spice Blend**, **salt**, and **pepper**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken and cook, stirring occasionally, until browned and cooked through, 4-6 minutes. **TIP: Lower the heat if chicken begins to brown too quickly.**



6 FINISH & SERVE

- Halve **wraps** on a diagonal; divide between plates. Serve with any **remaining bulgur salad** on the side.

*Chicken is fully cooked when internal temperature reaches 165°.