



# Chicken Shawarma Pita Bar

with sides & toppings for everyone to build their perfect plate

Build-A-Plate 20-25 Minutes · Calories: 540 · Protein: 36 g



## Ingredients



Lemon



Tomato



Sour Cream



Yogurt



Garlic Powder



Shawarma Spice Blend



Pitas



Mini Cucumber



Red Onion



Dried Oregano



Diced Skinless Dark Meat Chicken

## Customizable Meal

If you chose to personalize your meal, refer to the separate **HelloCustom** card or scan here for instructions.



## Hello

### Build-a-Plate

Delight everyone's palates with this super-customizable meal!

### Before you start

#### In a Pickle

Microwaving sliced onion in lemon juice helps the sugar and salt dissolve quickly and speeds up the pickling process.

### Cooking tools

small bowls, plastic wrap, large pan, paper towels

### Pantry ingredients

kosher salt, black pepper, sugar, olive oil, cooking oil

### Nutrition

Nutrients	per serving
Calories:	540
Total Fat:	18g
Saturated Fat:	5g
Sodium:	780mg
Total Carbohydrate:	54g
Dietary Fiber:	3g
Added Sugars:	2g
Protein:	36g

### Allergens

sour cream (contains: milk), yogurt (contains: milk), pitas (contains: sesame, wheat)

### Cook for YOUR Crowd

Our recipes are customizable!

**Double Protein/Veggies?** Cook in batches or use a larger pan—it may take longer, so follow visual and temp cues.

**Making 3 Servings?** Lighten up on the seasoning and any other ingredients you like—this will keep the balance just right.

**Making 6 Servings?** Just triple the 2-serving recipe—easy!

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



### 1 Prep

- Wash and dry produce.
- Halve, peel and thinly slice **half the onion (all for 4 servings)**. Quarter **lemon**. Dice **tomato** into ½-inch pieces. Trim and dice **cucumber**.



### 3 Cook Chicken

- Open package of **chicken\*** and drain off any excess liquid.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken in a single layer; season with **half the Shawarma Spice Blend (all for 4 servings)**, **remaining garlic powder, salt, and pepper**. Cook, stirring occasionally, until browned and cooked through, 4-6 minutes. **TIP: If you added any other items to your meal (apps, sides, and/or dessert), you can get started on them now!**

\*Poultry is fully cooked when internal temperature reaches 165°.



Wash and dry fresh produce. Wash hands and surfaces after handling raw pork, meat, poultry, fish, shellfish, or eggs. Consuming raw or undercooked pork, meat, poultry, fish, shellfish, or eggs may increase your risk of foodborne illness. Go to [hellofresh.com/about/faq](https://hellofresh.com/about/faq) for safe cooking guidelines.



### 2 Make Toppings

- In a small microwave-safe bowl, combine **sliced onion**, **½ tsp sugar (1 tsp for 4 servings)**, **juice from half the lemon**, and a **large pinch of salt**. Cover with plastic wrap; microwave for 60 seconds. Set aside to pickle, stirring occasionally.
- In a separate small bowl, combine **tomato, cucumber, half the oregano**, and a **drizzle of olive oil (all the oregano and a large drizzle of olive oil for 4)**. Season with **salt and pepper**.
- In a third small bowl, combine **sour cream, yogurt**, and **half the garlic powder (you'll use the rest of the garlic powder in the next step)**. Season with **salt and pepper**. Stir in **water** 1 tsp at a time until mixture reaches a drizzling consistency.



### 4 Finish & Serve

- Wrap **pitas** in damp paper towels and microwave until warm and pliable, 60 seconds.
- Serve **pickled onion (draining first)**, **tomato-cucumber salad**, **white sauce**, **chicken**, **pitas**, and **remaining lemon wedges** family style so everyone can build their own plate. **(Don't forget to serve with any extra items you may have ordered to build out your meal!)**

### How was your meal?

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