



Chicken Shawarma

with Bulgur and Green Bean Tabbouleh



HELLO BULGUR WHEAT

In Indian cuisine bulgur wheat is eaten as a cereal with milk and sugar!



Green Beans



Flat Leaf Parsley



Lemon



Chicken Stock Pot



Easy Garlic



Bulgur Wheat



Chicken Mini Fillets



Shawarma Seasoning



Greek Yoghurt

MEAL BAG

Total: 20 mins

Rapid recipe

1 of your 5 a day

Little heat

André is a huge fan of our shawarma seasoning mix, and it's no surprise, it's delicious! He used to add it to so many recipes that he had to be banned from using it for a while, but luckily for you, the ban has been lifted! André's seasoned some juicy chicken mini fillets here, it's a speedy winner!

GET **PREPARED!**

Fill and boil your **Kettle**.

BEFORE YOU START

🔗 Fill and boil your **Kettle**. 🧼 Wash the veggies. 🍴 Make sure you've got a **Fine Grater, Measuring Jug, Large Saucepan** (with a Lid) and **Frying Pan**. Let's start cooking the **Chicken Shawarma with Bulgur and Green Bean Tabbouleh**.



1 PREP TIME

- Trim the **green beans** and cut into thirds.
- Roughly chop the **flat leaf parsley** (stalks and all).
- Zest **half** the **lemon**.
- Pour the boiling **water** (see ingredients for amount) into a measuring jug. Add the **stock pot** and stir to dissolve.



2 COOK THE BULGUR

- Heat a splash of **oil** in large saucepan over medium high heat.
- Add the **green beans**, stir and cook for 3 mins then add **half** the **easy garlic**, stir and cook for another minute.
- Add the **bulgur wheat** and **stock**.
- Bring back to the boil, cover with a lid, then remove from the heat.
- Leave for 10 mins.



3 SEASON THE CHICKEN

- Pop the **chicken mini fillets** on a plate. Season with **salt**. Drizzle on a splash of **oil** and sprinkle over the **shawarma seasoning**.
- Rub the **spices** into the **chicken**.



4 FRY THE CHICKEN

- Heat a frying pan over medium high heat (no **oil!**).
- When the pan is hot, add the **chicken pieces** and brown for 2 mins on each side.
- Lower the heat to medium and cook until the **chicken** is no longer pink in the middle, 8-10 mins. Turn every couple of mins.



5 FINISH THE CHICKEN

- When the **chicken** is cooked, add the remaining **garlic** and cook for another minute.
- Remove from the heat, stir in **half** the **parsley** and squeeze on half the **lemon juice**.



6 SERVE

- When the **bulgur** is cooked, stir in the **lemon zest** and the remaining **parsley**. Season to taste with **lemon juice, salt** and **pepper**.
- Share between your plates and top with the **chicken pieces**. Finish with a dollop of **Greek yoghurt**.

3ENJOY!

2 PEOPLE INGREDIENTS

Green Beans, chopped	1 pack
Flat Leaf Parsley, chopped	1 small bunch
Lemon	1
Water*	300ml
Chicken Stock Pot	½
Easy Garlic	1 sachet
Bulgur Wheat ¹³⁾	150g
Chicken Mini Fillets	280g
Shawarma Seasoning	1½ tsp
Greek Yoghurt ⁷⁾	1 pot

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 470G	PER 100G
Energy (kcal)	677	144
(kJ)	2836	603
Fat (g)	14	3
Sat. Fat (g)	7	1
Carbohydrate (g)	69	15
Sugars (g)	11	2
Protein (g)	66	14
Salt (g)	1.69	0.36

ALLERGENS

⁷⁾ Milk ¹³⁾ Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.

👍 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 or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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

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