



# PORK SHAWARMA

with Lemon Bulgur, Red Cabbage Slaw and Tahini Sauce

PRONTO



## HELLO

### SHAWARMA SPICE

Our unique blend is smoky, sweet and oh so delicious

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 564



Pork Strips



Bulgur Wheat



Red Cabbage, shredded



Garlic



Onion, sliced



Shawarma Spice Blend



Lemon



Sumac



Roma Tomato



Parsley



Tahini



White Wine Vinegar

## BUST OUT

- Kettle
- Large Non-Stick Pan
- Large Bowl
- Measuring Cups
- Zester
- Paper Towel
- 2 Small Bowls
- Measuring Spoons
- Medium Bowl
- Small Pot
- Garlic Press
- Strainer
- Whisk
- Sugar (1 tsp | 2 tsp)
- Salt and Pepper
- Olive or Canola oil

## INGREDIENTS

2-person | 4-person

- Pork Strips 340 g | 680 g
- Bulgur Wheat 1 ½ cup | 1 cup
- Red Cabbage, shredded 113 g | 227 g
- Garlic 10 g | 10 g
- Onion, sliced 56 g | 113 g
- Shawarma Spice Blend 1 tbsp | 2 tbsp
- Lemon 1 | 2
- Sumac 1 tsp | 2 tsp
- Roma Tomato 160 g | 320 g
- Parsley 20 g | 40 g
- Tahini 8 2 tbsp | 4 tbsp
- White Wine Vinegar 9 2 tbsp | 4 tbsp

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 71°C/160°F.



## START STRONG

'Blanching' can be used to remove a strong taste from an ingredient, making it a perfect technique for onions!



**1 PREP** Wash and dry all produce.\* In a small pot, bring ¾ cup salted water (double for 4 ppl) to a boil. Mince or grate one garlic clove (double for 4 ppl). Zest half the lemon (1 lemon for 4 ppl), then juice the remaining lemon. Add the bulgur and half the sumac to the boiling water. Remove pot from heat. Cover and let stand until bulgur is tender and water has been absorbed, 15-16 min.



**4 COOK PORK** Pat the pork dry with paper towels. In a medium bowl, toss the pork with the shawarma blend, then season with salt and pepper. Heat the same pan over medium-high heat. Add a drizzle of oil, then the pork. Cook, stirring, until cooked through, 3-4 min. (TIP: Cook to a min. internal temp. of 71°C/160°F.\*\*\*) (NOTE: Cook in batches for 4 ppl.)



**2 COOK CABBAGE** Meanwhile, bring a kettle of water to a boil. In a small bowl, combine the onions and ½ cup boiling water (double for 4 ppl). Set aside until onions are slightly translucent, 5-6 min. Meanwhile, heat a large non-stick pan over medium heat. Add the cabbage, vinegar and 1 tsp sugar (double for 4 ppl). Season with salt. Cook, until tender-crisp, 4-5 min.



**5 MAKE DRESSING** Meanwhile, cut the tomatoes into ½-inch cubes. Roughly chop the parsley. In a large bowl, whisk together the tahini, lemon zest, minced garlic, remaining lemon juice and 1 tbsp oil (double for 4 ppl). Add the tomatoes and parsley, then toss together. Season with salt and pepper.



**3 SEASON ONIONS** Remove pan from heat, then transfer cabbage, along with liquid, to another small bowl. Set aside. Carefully wipe pan clean. When the onions are slightly translucent, drain and pat onions dry with paper towels. In the same small bowl, combine the onions, remaining sumac, 2 tsp lemon juice (double for 4 ppl) and 1 tbsp oil (double for 4 ppl). Season with salt and pepper. Set aside.



**6 FINISH AND SERVE** Fluff the bulgur with a fork and add to the dressing, then toss together. Divide the bulgur between plates and top with the pork, cabbage and onions.

## YUM!

The classic pita won't be missed in this fantastic disassembled shawarma!