



# SHAWARMA TURKEY PILAF

with Mixed Peppers and Freekeh



## HELLO ECHALION SHALLOT

An Echalion Shallot is a cross between a regular shallot and an onion. They have a milder taste than normal onions too!



Turkey Steak



Shawarma Seasoning



Echalion Shallot



Garlic Clove



Red Pepper



Green Pepper



Green Chilli



Freekeh



Vegetable Stock Powder



Baby Spinach



Lemon



Flat Leaf Parsley



Mint



Natural Yoghurt

A great source of dietary fibre, iron and zinc, freekeh is a green grain made from young durum wheat which is roasted or smoked then polished to remove the shells. With its distinct nutty, smoky flavour, freekeh can be cooked like rice, making it a go-to ingredient for things like this healthy shawarma turkey pilaf. Finish off with a spoonful of cooling herby yoghurt dressing and a squeeze of fresh lemon.

40 mins

2 of your 5 a day

Little heat

MEAL BAG

19

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Frying Pan** (with a **Lid**), **Fine Grater** and **Measuring Jug**. Now, let's get cooking!



### 1 FRY THE TURKEY

Heat a drizzle of **oil** in a large frying pan on high heat. Chop the **turkey** into 2cm chunks. When hot, add the **turkey** to the pan along with a pinch of **salt** and fry until starting to brown, 4-5 mins. Lower the heat to medium sprinkle over the **shawarma seasoning** and fry for another 2-3 mins, until the **turkey** is cooked. **! IMPORTANT:** *The turkey is cooked when it is no longer pink in the middle. Transfer to a bowl (keep the pan!).*



### 2 DO THE PREP

While the turkey cooks, halve, peel and finely slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Halve the **peppers** and discard the cores and seeds. Chop into small pieces. Halve the **chilli** lengthways, deseed then finely chop. Boil your kettle.



### 3 NOW THE VEGGIES

When the turkey is out, wipe out the pan, keep on medium heat and add another drizzle of **oil**. Pop in the **shallot** and **peppers**. Cook, stirring occasionally, until starting to soften, then add the **garlic** and a pinch of **chilli** (use as much as you like - you can always add more later!). Stir and cook for 1 minute, then stir in the **freekeh**. Cook for another minute. Meanwhile, combine the boiling **water** (see ingredients for amount) and **stock powder** in a measuring jug.



### 4 COOK THE PILAF

Stir the **stock** into the pan then cover tightly with a lid (or some foil) and leave to cook on a medium-low heat for 15 mins. **★ TIP:** *Don't be tempted to remove the lid in this time!* When the 15 mins is up, remove the pan from the heat, lift the lid and pop the **spinach** and cooked **turkey** (along with any **juices**) on top. Quickly replace the lid and leave to one side for 5 mins.



### 5 HERBY YOGHURT

As the pilaf cooks, zest the **lemon** then chop into wedges. Roughly chop the **parsley** (stalks and all). Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Pop the **yoghurt** into a small bowl and stir through a **quarter** of the **parsley** and **mint**.



### 6 SERVE

Remove the lid from the pan and stir the **spinach** and **turkey** through the **pilaf**. Add the remaining **parsley** and **mint** and the **lemon zest**. Stir together then season to taste with **salt**, **pepper**, a squeeze of **lemon juice** and a pinch more **chilli** (if needed). Serve the **turkey pilaf** in bowls topped with the **herby yoghurt** and any remaining **lemon wedges** for squeezing over. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Turkey Steak *	2	3	4
Shawarma Seasoning	1 small pot	¾ large pot	1 large pot
Echalion Shallot *	1	2	2
Garlic Clove *	1	1	2
Red Pepper *	1	1	2
Green Pepper *	1	1½	2
Green Chilli *	½	¾	1
Freekeh 13)	100g	150g	200g
Water*	200ml	300ml	400ml
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Baby Spinach *	1 small bag	¾ large bag	1 large bag
Lemon *	1	1½	2
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Mint *	1 bunch	1 bunch	1 bunch
Natural Yoghurt 7) *	½ pouch	¾ pouch	1 pouch

\*Not Included

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 531G	PER 100G
Energy (kJ/kcal)	1889 / 452	356 / 85
Fat (g)	6	1
Sat. Fat (g)	2	1
Carbohydrate (g)	47	9
Sugars (g)	14	3
Protein (g)	56	11
Salt (g)	1.04	0.20

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

7) Milk 10) Celery 13) Gluten

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

### THUMBS UP OR THUMBS DOWN?

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