

Middle Eastern Chicken Shawarma Plate

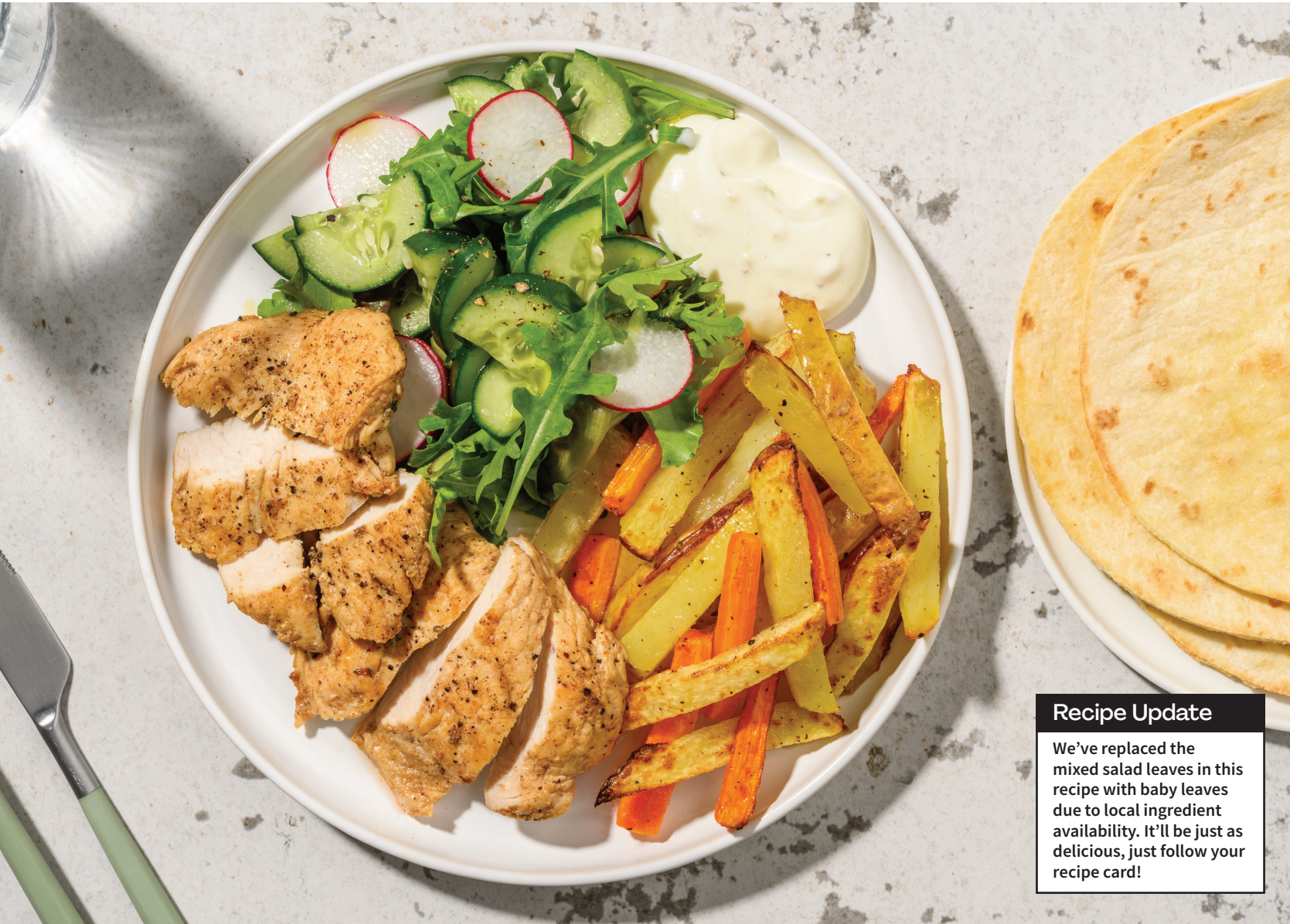
with Veggie Fries, Cucumber Salad, Garlic Tortillas & Yoghurt

FEEL-GOOD TAKEAWAY

NEW













Grab your meal kit with this number

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Recipe Update

We've replaced the mixed salad leaves in this recipe with baby leaves due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

-  Potato
-  Carrot
-  Radish
-  Cucumber
-  Garlic
-  Chicken Breast
-  Chermoula Spice Blend
-  Greek-Style Yoghurt
-  Mini Flour Tortillas
-  Baby Leaves
- +
- +

Prep in: 20-30 mins
Ready in: 30-40 mins

Protein Rich

Eat Me Early

This earthy shawarma plate celebrates Middle-Eastern cuisine in the best ways possible. Chermoula-spiced chicken, root veggie fries and crispy garlic tortillas all come together on a plate with a dollop of garlic yoghurt for the ultimate platter of flavours and textures. Let's dive right in!

Pantry items

Olive Oil, Honey, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	2
radish	1	2
cucumber	1 (medium)	1 (large)
garlic	3 cloves	6 cloves
chicken breast	1 medium packet	2 medium packets OR 1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
Greek-style yoghurt	1 medium packet	1 large packet
mini flour tortillas	6	12
honey*	1 tsp	2 tsp
baby leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2678kJ (640cal)	239kJ (57cal)
Protein (g)	50.2g	4.5g
Fat, total (g)	16g	1.4g
- saturated (g)	5.6g	0.5g
Carbohydrate (g)	69.3g	6.2g
- sugars (g)	12.5g	1.1g
Sodium (mg)	1086mg	97mg
Dietary Fibre (g)	14.1g	1.3g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** and **carrot** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the fries between two trays.



Cook the chicken

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **chicken steaks** until browned and cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).
- Remove pan from heat, add the **honey** and turn **chicken** to coat.

TIP: Chicken is cooked through when it's no longer pink inside.



Get prepped

- Meanwhile, thinly slice **radish**.
- Thinly slice **cucumber** into half-moons.
- Finely chop **garlic**.
- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! In a medium bowl, combine **chicken**, **chermoula spice blend** and a drizzle of **olive oil**.



Make the salad

- Meanwhile, in a second medium bowl, combine **cucumber**, **radish**, **baby leaves** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.



Make the garlic yoghurt

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **garlic** until fragrant, **1 minute**.
- Transfer half the **garlic oil** to a small bowl, then add **Greek-style yoghurt** and stir to combine. Season to taste with **salt** and **pepper**.
- Spread **mini flour tortillas** out evenly on a second lined oven tray (don't worry if they overlap!) and brush or spread with remaining **garlic oil**.
- Bake until golden, **5-8 minutes**.



Serve up

- Slice chicken.
- Divide Middle Eastern chicken shawarma, veggie fries and cucumber salad between plates.
- Serve with yoghurt and garlic tortillas. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW39



CUSTOM OPTIONS

+ ADD HALOUMI

Cut into 1cm-thick slices. Cook with a drizzle of olive oil until golden brown, 1-2 minutes each side.

+ DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

