



Moroccan Chicken Shawarma Bowl

with Carrot Couscous & Pickled Onion

Grab your Meal Kit with this symbol



Cauliflower



Carrot



Lemon



Chicken Breast



Shredded Red Cabbage



Red Onion



Vegetable Stock



Couscous



Ras El Hanout



Tahini

Hands-on: 20-30 mins
Ready in: 30-40 mins

Eat me early

This earthy chicken shawarma bowl celebrates the fusion of North African and Middle-Eastern cuisine in the best way possible. Tahini lends this hearty dish deep nutty flavours while pickled red onion adds a burst of zing to balance things out. Here's to big flavour with minimal effort!

Pantry items

Olive Oil, Rice Wine Vinegar, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper ·
Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (200g)	1 portion (400g)
carrot	½	1
lemon	½	1
chicken breast	1 packet	1 packet
shredded red cabbage	1 packet (150g)	1 packet (300g)
red onion	½	1
rice wine vinegar*	¼ cup	½ cup
water* (for the pickle)	¼ cup	½ cup
butter*	20g	40g
water* (for the couscous)	¾ cup	1½ cups
vegetable stock	1 sachet	1 sachet
couscous	1 packet	2 packets
ras el hanout	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
tahini	1 packet (100g)	2 packets (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2730kJ (652Cal)	497kJ (119Cal)
Protein (g)	49.6g	9.0g
Fat, total (g)	27.1g	4.9g
- saturated (g)	15.2g	2.8g
Carbohydrate (g)	47.8g	8.7g
- sugars (g)	8.8g	1.6g
Sodium (g)	733mg	134mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Roast the cauliflower

Preheat the oven to **220°C/200°C fan-forced**. Cut the **cauliflower** into small florets. Place the **cauliflower** on an oven tray lined with baking paper and **drizzle** with **olive oil**. Season with **salt** and **pepper** and toss to coat. Arrange in a single layer and roast until tender, **20-25 minutes**.

TIP: Cut the cauliflower to the correct size so it cooks in the allocated time!



4. Cook the carrot couscous

In a medium saucepan, melt the **butter** with a **drizzle** of **olive oil** over a medium-high heat. Add the **carrot** and cook, stirring, until softened, **2-3 minutes**. Add the **water (for the couscous)** and the **vegetable stock** and bring to the boil. Add the **couscous**, stir to combine, then cover with a lid and remove from the heat. Set aside until the water is absorbed, **5 minutes**. Fluff up with a fork and set aside uncovered.



2. Get prepped

While the cauliflower is roasting, grate the **carrot (see ingredients list)**, unpeeled. Slice the **lemon (see ingredients list)** into wedges. Cut the **chicken breast** into 2cm chunks. In a medium bowl, combine a **generous squeeze** of **lemon juice** and a **drizzle** of **olive oil**. Add the **shredded red cabbage** and season with a **pinch** of **salt** and **pepper**. Toss to combine and set aside.



5. Cook the chicken

While the couscous is cooking, combine the **ras el hanout**, the **salt**, a **pinch** of **pepper** and a **drizzle** of **olive oil** in a medium bowl. Add the **chicken** and toss to coat. In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. When the oil is hot, add the **chicken** and cook, tossing occasionally, until browned and cooked through, **5-6 minutes**.

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



3. Pickle the onion

Thinly slice the **red onion (see ingredients list)**. In a small bowl, combine the **rice wine vinegar**, **water (for the pickle)** and a **good pinch** of **sugar** and **salt**. Scrunch the **onion** in your hands, then add to the pickling liquid and stir to coat. Set aside until serving.



6. Serve up

Drain the pickled onion. Divide the couscous, dressed cabbage, roasted cauliflower and Moroccan chicken between bowls. Top with the pickled onion and a dollop of **tahini**. Serve with any remaining lemon wedges.

Enjoy!