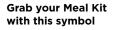


Moroccan Chicken Shawarma Bowl

with Carrot Couscous & Pickled Onion











Chicken Breast





Shredded Red

Red Onion





Vegetable Stock

Couscous

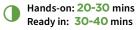




Ras El Hanout









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

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	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (200g)	1 portion (400g)
carrot	1/2	1
lemon	1/2	1
chicken breast	1 packet	1 packet
shredded red cabbage	1 packet (150g)	1 packet (300g)
red onion	1/2	1
rice wine vinegar*	1/4 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*	1/4 tsp	½ tsp
tahini	1 packet (100g)	2 packets (200g)

^{*}Pantry Items

Nutrition

Per Serving	Per 100g
2730kJ (652Cal)	497kJ (119Cal)
49.6g	9.0g
27.1g	4.9g
15.2g	2.8g
47.8g	8.7g
8.8g	1.6g
733mg	134mg
	2730kJ (652Cal) 49.6g 27.1g 15.2g 47.8g 8.8g

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.



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!



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.



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.



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.



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.



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!