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Cooking Made Easy

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The Ultimate HelloFresh Chicken Shawarma

In our bid to re-invent the nation's favourites with a healthy spin, we've decided to take on the ultimate challenge: Shawarma. Usually eaten at around 3am after a night of over-indulgence they're a guilty pleasure that few can resist. Sous chef Rachel stepped up to the plate with gusto last Monday and the results blew our socks off. This recipe has all the delicious Lebanese flavours you'd expect but without the need for a trip to Barry's Bootcamp the next day. Yalla! **Tip:** The longer you marinade the chicken the better so consider doing this step far in advance

30 min



Chicken Breast



Natural Yoghurt



Shawarma Seasoning



Lemon



Baby Gem Lettuce



Vine Tomato



Garlic Clove



Mayonnaise



Flatbread

Ingredients

	2P	4P
Chicken Breast	2	4
Natural Yoghurt 1	3 tbsp	6 tbsp
Shawarma Seasoning	1 tbsp	2 tbsp
Lemon	½	1
Baby Gem Lettuce, shredded	1	2
Vine Tomato, sliced	1½	3
Garlic Clove, diced	¼	½
Mayonnaise 2, 3	1 tbsp	2 tbsp
Flatbread 4	2	4

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Milk | 2) Egg
3) Mustard | 4) Gluten

Nutrition per serving: Calories: 554 kcal | Protein: 49 g | Carbs: 52 g | Fat: 15 g | Saturated Fat: 3 g



1 Lay each chicken breast on the chopping board and slice into it from the side. Open it up like a book. You've now butterflied your chicken!



2 Mix 3 tbsp of the yoghurt with the shawarma seasoning, the zest of half the lemon, 1 tsp of lemon juice, ¼ tsp of salt and rub all over the chicken breasts. Leave to marinate for as long as you can.



3 Pre-heat your oven to 180 degrees. Slice the baby gem lettuce in half lengthways and shred widthways into thin shreds. Slice the tomatoes into ½cm slices. Finely dice the garlic and use the flat side of your knife to mash it to a pulp. **Tip:** *If you don't like raw garlic, peel it then put it in boiling water for 1 minute then chop.*



4 Mix the mayonnaise with as much garlic as you dare, 1 tsp of lemon juice and a few grinds of black pepper. **Tip:** *We recommend going bit by bit on the garlic and tasting as you go to get it just right.*

5 Heat a large frying pan over a medium-high heat with ½ tbsp of

olive oil. Fry off the chicken for 2-3 mins on each side until brown. Make sure the chicken is cooked through. **Tip:** *Use another pan to push down on top of the chicken to get it crispier.*

6 Toss the lettuce and tomato slices in the remaining lemon juice, ¼ tsp of salt and some black pepper. Warm your flatbreads in the oven at 180 degrees for 2-3 mins.

7 Now comes the fun bit - assemble your shawarmas. Dollop some of the garlicky lemony mayonnaise onto the flatbreads, then the lettuce and tomato. Finally, slice the chicken into strips and pile on top.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!