



Roasted Shawarma Chicken and Freekeh

with Tomato Herb Salad and Lemon-Garlic Sauce

35 Minutes



Chicken Breasts



Sweet Potato



Freekeh



Chicken Broth Concentrate



Grape Tomatoes



Shawarma Spice Blend



Lemon



Mayonnaise



Garlic



Parsley



Cilantro

Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!

HELLO LEMON-GARLIC TOUM

A dollop of toum to top this dish complements the spice blend and punchy acidity.

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Garlic Guide for Step 4 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Extra: 1 tsp

Bust Out

Baking sheet, medium bowl, measuring spoons, strainer, zester, medium pot, small bowl, measuring cups, whisk, large non-stick pan, paper towels, garlic press

Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Sweet Potato	170 g	340 g
Freekeh	½ cup	1 cup
Chicken Broth Concentrate	1	2
Grape Tomatoes	113 g	227 g
Shawarma Spice Blend	1 tbsp	2 tbsp
Lemon	1	1
Mayonnaise	2 tbsp	4 tbsp
Garlic	3 g	6 g
Parsley	7 g	14 g
Cilantro	7 g	14 g
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Cook freekeh

Combine **freekeh**, **broth concentrate** and **1 ¼ cups water** (dbl for 4 ppl) in a medium pot. Cover and bring to a boil, then reduce heat to low. Simmer, still covered, until **freekeh** is tender, 25-28 min.



Roast sweet potatoes

Cut **sweet potato** into ½-inch pieces. Arrange the **sweet potatoes** on a baking sheet. Toss with **1 tbsp oil** (dbl for 4 ppl) and **half the shawarma spice blend**. Season with **salt** and **pepper**. Roast in the **middle** of the oven, stirring halfway through, until tender, 20-22 min. (**NOTE:** You will be adding the chicken to the baking sheet halfway through cooking.)



Start chicken

Pat the **chicken** dry with paper towels, then season with **salt** and **pepper**. Sprinkle **remaining shawarma spice blend** all over the **chicken**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then the **chicken**. Sear, until **chicken** is golden-brown, 1-2 min per side. (**NOTE:** Cook in batches for 4 ppl.) Transfer to the baking sheet with the **sweet potatoes**. Bake in the **middle** of the oven, until the **chicken** is cooked through, 10-12 min.**



Prep and make toum

Halve the **tomatoes**. Roughly chop the **parsley** and **cilantro**. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Peel, then mince or grate the **garlic**. Whisk together the **mayo**, **half the lemon juice** and **¼ tsp garlic** in a small bowl. (**NOTE:** Reference Garlic Guide.) Season with **salt** and **pepper**. Set aside.



Finish freekeh and make tomato salad

Drain any **excess water** from the **freekeh** and return to the same pot. Stir the **sweet potatoes**, **lemon zest**, **half the parsley** and **half the cilantro** into the **freekeh**. Whisk together the **remaining lemon juice** and **1 tbsp oil** (dbl for 4 ppl) in a medium bowl. Add the **tomatoes**, **remaining cilantro** and **remaining parsley**. Season with **salt** and **pepper**. Stir to combine.



Finish and serve

Thinly slice the **chicken**. Divide the **freekeh** between plates. Top with **chicken** and **tomato-herb salad**. Drizzle over the **lemon-garlic toum**.

Dinner Solved!