



Shawarma Chicken and Spiced Onions

with Lentil-Rice and Cilantro

30 Minutes



Chicken Thighs/Leg



Shawarma Spice Blend



Basmati Rice



Lentils, canned



Roma Tomato



Yellow Onion



Cumin-Turmeric Spice Blend



Chicken Broth Concentrate



Cilantro

HELLO SHAWARMA SPICE

Our shawarma spice is a unique blend of smoky, sweet and delicious.

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust Out

Baking sheet, strainer, medium pot, measuring cups, large non-stick pan, paper towels, measuring spoons

Ingredients

	2 Person	4 Person
Chicken Thighs/Leg ♦	310 g***	620 g***
Shawarma Spice Blend	1 tbsp	2 tbsp
Basmati Rice	¾ cup	1 ½ cup
Lentils, canned	398 ml	796 ml
Roma Tomato	80 g	160 g
Yellow Onion	113 g	226 g
Cumin-Turmeric Spice Blend	1 ½ tsp	3 tsp
Chicken Broth Concentrate	1	2
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.

*** Minimum weight on chicken

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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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Prep

Cut the **tomatoes** into ¼-inch pieces. Drain, then rinse the **lentils**. Roughly chop the **cilantro**. Halve, peel, then thinly slice the **onion**. Pat the **chicken** dry with paper towels, then season all over with the **Shawarma Spice Blend** and **salt**.



Cook onion

While the chicken cooks, re-heat the large non-stick pan over medium. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring occasionally, until slightly softened, 3-4 min. Add **Cumin-Turmeric Spice Blend** and season with **salt**. Cook, stirring occasionally, until **onions** are dark golden-brown, 3-4 min.



Cook rice

Bring **1 ¼ cups water** (dbl for 4 ppl) and **broth concentrate** to a boil in a covered medium pot. Add **rice** to the pot of **boiling stock**. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min.



Finish rice

Fluff the **rice** with a fork, then stir in the **lentils** and **half the tomatoes**. Season with **salt** and **pepper**.



Cook chicken

While **rice** cooks, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then the **chicken**. Sear, until **chicken** is golden-brown, 2-3 min per side. Transfer to a baking sheet. Bake in the **middle** of the oven, until **chicken** is cooked through, 10-12 min.**



Finish and serve

Slice the **chicken**. Divide the **rice** between plates. Top with the **chicken**, **spiced onions** and **remaining tomato**. Sprinkle the **cilantro** over top.

Dinner Solved!