



Shawarma Spiced Turkey and Couscous

with Apricots and Spiced Chickpeas

FAMILY 20 Minutes



Turkey Strips



Couscous



Apricots



Chickpeas



Parsley



Cumin-Turmeric
Spice Blend



Mini Cucumber



Greek Yogurt



White Wine Vinegar



Shawarma Spice Blend



Cherry Tomatoes



Red Onion, sliced

HELLO MEDITERRANEAN VIBES

This dish takes inspiration from the fresh flavours of the Mediterranean

START HERE

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

Bust Out

Box Grater, Measuring Cups, Strainer, Paper Towels, Kettle, Small Bowl, Whisk, Measuring Spoons, 2 Baking Sheets, 2 Large Bowls, Parchment Paper

Ingredients

	4 Person
Turkey Strips	680 g
Couscous	1 cup
Apricots	56 g
Chickpeas	370 ml
Parsley	14 g
Cumin-Turmeric Spice Blend	1 tbsp
Mini Cucumber	132 g
Greek Yogurt	100 g
White Wine Vinegar	2 tbsp
Shawarma Spice Blend	1 tbsp
Cherry Tomatoes	227 g
Red Onion, sliced	227 g
Sugar*	1 ½ tsp
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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1. ROAST CHICKPEAS

Drain and rinse **chickpeas**. Toss **chickpeas** with **half the cumin-turmeric spice blend** and **1 tbsp oil** on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in **middle** of the oven, stirring **chickpeas** halfway through cooking, until golden-brown, 17-18 min.



4. COOK COUSCOUS

Bring a kettle of **water** to a boil. Stir together **couscous** and **apricots** in a large bowl. Stir in **1 ½ cups boiling water**. Cover and let stand, until **couscous** is tender and **liquid** is absorbed, 5-6 min.



2. ROAST TURKEY

While **chickpeas** roast, pat **turkey strips** dry with paper towels. Add **turkey**, **onions**, **shawarma spice**, **remaining cumin-turmeric blend** and **2 tbsp oil** on another parchment-lined baking sheet. Season with **salt** and **pepper**. Toss to coat. Roast in the **top** of the oven, until cooked through, 10-12 min.**



5. MAKE RAITA & VEGGIES

Drain **liquid** from **salted cucumber**. Add **yogurt**, **half the parsley**, **half the vinegar** and **1 tsp sugar** to the small bowl with the **cucumber**. Season with **salt** and **pepper**. Stir to combine. Set aside. Whisk together **2 tbsp oil**, **remaining vinegar** and **½ tsp sugar** in another large bowl. Add **sliced cucumber** and **tomatoes**. Toss to coat. Season with **salt** and **pepper**.



3. PREP

While the **turkey** roasts, roughly chop **parsley**. Roughly chop **apricots**. Grate **1 cucumber** directly into a small bowl. Sprinkle over **¼ tsp salt**. Set aside. Cut **remaining cucumber** into ¼-inch rounds. Halve the **tomatoes**.



6. FINISH AND SERVE

Fluff **couscous** with a fork and stir in **chickpeas** and **remaining parsley**. Season with **salt** and **pepper**. Divide **couscous** between bowls and top with **turkey** and **marinated veggies**. Dollop with **cucumber-raita**.

Dinner Solved!