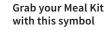


# Smokey Chicken Shawarma & Hummus Plate

with Lemon Pepper Fries, Garlic Tortillas & Cucumber Salad

FEEL GOOD TAKEAWAY

NEW









Lemon Pepper Seasoning



Paprika Spice





Chicken Thigh





Tomato

Cucumber





Hummus



Mixed Salad



Leaves





**Pantry items** 

Olive Oil, Honey, Vinegar (White Wine or Balsamic)

Prep in: 20-30 mins Ready in: 30-40 mins

Eat Me Early

Reporting live, we are bringing you our newest feel good takeaway number; a Middle-Eastern chicken shawarma-inspired plate! With hummus, lemon pepper fries, garlic tortillas and a cucumber salad, you'll be enjoying your favourite charcoal chicken dish outside of the restaurants and in the comfort of your kitchen!

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

### You will need

Two oven trays lined with baking paper  $\cdot$  Large frying pan

# Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
lemon pepper seasoning	1 medium sachet	2 medium sachets	
paprika spice blend	1 medium sachet	2 medium sachets	
chicken thigh	1 medium packet	2 medium packets OR 1 large packet	
honey*	1 tsp	2 tsp	
cucumber	1	2	
tomato	1	2	
garlic	2 cloves	4 cloves	
mini flour tortillas	6	12	
mixed salad leaves	1 small packet	1 medium packet	
vinegar* (white wine or balsamic)	drizzle	drizzle	
hummus	1 medium packet	1 large packet	
chicken thigh**	1 medium packet	2 medium packets OR 1 large packet	
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<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3045kJ (728Cal)	477kJ (114Cal)
Protein (g)	45.3g	7.1g
Fat, total (g)	26.4g	4.1g
- saturated (g)	5.5g	0.9g
Carbohydrate (g)	72g	11.3g
- sugars (g)	13.1g	2.1g
Sodium (mg)	1349mg	211mg
Dietary Fibre (g)	12.9g	2g
Outstand Basks		

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	<b>3871kJ</b> (925Cal)	482kJ (115Cal)
Protein (g)	75.6g	9.4g
Fat, total (g)	34.9g	4.3g
- saturated (g)	8.1g	1g
Carbohydrate (g)	72.1g	9g
- sugars (g)	13.2g	1.6g
Sodium (mg)	1450mg	181mg
Dietary Fibre	12.9g	1.6g

The quantities provided above are averages only.

## **Allergens**

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

#### We're here to help!

Scan here if you have any questions or concerns





# Bake the potato fries

- Preheat oven to 240°C/220°C fan-forced.
- Cut potato into fries.
- Place fries on a lined oven tray. Drizzle with olive oil, sprinkle with lemon pepper seasoning, season with salt and toss to coat.
- Bake until tender, 20-25 minutes.

**TIP:** If your oven tray is crowded, divide the fries between two trays.



## Cook the chicken

- Meanwhile, in a medium bowl, combine paprika spice blend, a drizzle of olive oil and a pinch of salt and pepper. Add chicken thigh, turning to coat.
- When fries have 15 minutes remaining, in a large frying pan, heat a drizzle of olive oil over medium-high heat.
- Cook chicken thigh, turning occasionally, until browned and cooked through, 10-14 minutes.
- Remove pan from heat then add the **honey** and a splash of **water**, turning to coat.

**Custom Recipe:** If you've doubled your chicken thigh, season as above. Cook chicken in batches for best results.



# Prep the veggies

- While chicken is cooking, thinly slice cucumber into rounds.
- · Cut tomato into thin wedges.
- Finely chop garlic.



# Make the garlic tortillas

- In a small bowl, combine garlic, a generous drizzle of olive oil and a pinch of salt and pepper.
- Spread mini flour tortillas out evenly on a second lined oven tray (don't worry if they overlap!) and brush or spread with some garlic oil.
- Bake until golden, 5-8 minutes.



# Toss the salad

 In a second medium bowl, combine cucumber, tomato, mixed salad leaves and a drizzle of vinegar and olive oil. Season to taste.



# Serve up

- · Slice chicken.
- Divide smokey chicken shawarma, lemon pepper fries, cucumber salad and garlic tortillas between plates.
- Serve with hummus. Enjoy!

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate