



Smokey Chicken Shawarma & Hummus Plate

with Lemon Pepper Fries, Garlic Tortillas & Cucumber Salad

FEEL GOOD TAKEAWAY

NEW

Grab your Meal Kit with this symbol



Potato



Lemon Pepper Seasoning



Paprika Spice Blend



Chicken Thigh



Cucumber



Tomato



Garlic



Mini Flour Tortillas



Mixed Salad Leaves



Hummus



Chicken Thigh

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!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

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

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 · Large frying pan

Ingredients

	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

*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

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3871kJ (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 (g)	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



1



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.

4



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**.

2



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.

5



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.

3



Prep the veggies

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

6



Serve up

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

Rate your recipe

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