



BBQ Lamb Shawarma Kebabs & Baharat Chicken

with Roasted Tahini Aubergine, Zahtar Flatbreads and Salad

33

BBQ FEAST 45 Minutes • Little Spice • 3 of your 5 a day



-  Aubergine
-  Lemon
-  Baby Plum Tomatoes
-  Mint
-  Cucumber
-  Garlic Clove
-  Chicken Thighs
-  Baharat
-  Panko Breadcrumbs
-  Shawarma Spice Mix
-  Lamb Mince
-  Zahtar Spice
-  Greek Style Flatbreads
-  Greek Style Yoghurt
-  Tahini Paste

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Zester, Garlic Press, Bowl, Baking Tray Lined with Baking Paper, Frying Pan.

Ingredients

	2P	3P	4P
Aubergine**	1	1½	2
Lemon**	1	1	1
Baby Plum Tomatoes	125g	190g	250g
Mint**	1 bunch	1 bunch	1 bunch
Cucumber**	½	½	1
Garlic Clove	1	1	2
Chicken Thighs**	2	3	4
Baharat	1 pot	1 pot	2 pots
Olive Oil for marinade*	1 tbsp	1½ tbsps	2 tbsps
Panko Breadcrumbs 13)	10g	20g	25g
Shawarma Spice Mix	1 sachet	1 sachet	2 sachets
Water for the Crumbs*	2 tbsps	3 tbsps	4 tbsps
Lamb Mince**	200g	300g	400g
Greek Style Flatbreads 7) 13)	2	3	4
Olive Oil for Dressing*	1 tbsp	1 tbsp	2 tbsps
Zahtar Spice	1 sachet	1 sachet	2 sachets
Greek Style Yoghurt 7)	75g	120g	150g
Tahini Paste 3)	30g	45g	60g
Water for the Yoghurt*	1 tbsp	1 tbsp	2 tbsps
Sugar*	½ tsp	½ tsp	1 tsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	704g	100g
Energy (kJ/kcal)	3923/938	558/133
Fat (g)	51	7
Sat. Fat (g)	16	2
Carbohydrate (g)	66	9
Sugars (g)	13	2
Protein (g)	52	7
Salt (g)	1.46	0.21

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 7) Milk 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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Start the Prep

Preheat your oven to 200°C. Trim the **aubergine** then slice into rounds approximately 1cm thick. Zest and halve the **lemon**. Halve the **baby plum tomatoes**. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Trim the **cucumber** (see ingredients for amount) then quarter lengthways. Chop widthways into small pieces. Peel and grate the **garlic** (or use a garlic press).



Cook the Chicken

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, lay the **chicken thighs** flat in the pan and fry until slightly charred and browned on each side and cooked through, 13-15 mins. Turn every 2-3 mins. **TIP: The charring all adds to the flavour.** When **cooked**, transfer to a plate, cover to keep warm and allow it to rest. Alternatively, you could BBQ the **chicken**. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**



Prep the Meat

Pop the **chicken thighs** into a medium bowl. Add the **baharat**, **lemon zest** and **olive oil for the marinade** (see ingredients for amount). Season well with **salt** and **pepper** and mix to coat the **chicken**. Next, pop the **breadcrumbs** into another medium bowl. Add the **shawarma spice mix**, **water for the breadcrumbs** (see ingredients for amount), **garlic** and season well with **salt** and **pepper**. Add the **lamb mince** then mix with your hands until fully combined. Shape into 2 **sausage shapes** per person. **IMPORTANT: Wash your hands and equipment after handling raw meat and its packaging.**



Finishing Touches

Just before you are ready to serve, drizzle the **flatbreads** with a **little olive oil** then sprinkle over the remaining **zahtar**. Slide them into the oven until warm and starting to turn golden, 3-4 mins. Meanwhile, add the **olive oil for the dressing** (see ingredients for amount) and a squeeze of **lemon** into a salad bowl. Season with **salt and pepper**, add the **cucumber**, **tomatoes** and **three-quarters of the mint**, then mix well. In another small bowl, mix together the **Greek yoghurt**, **tahini**, **water for the yoghurt** (see ingredients for amount), **sugar** (see ingredients for amount) and a squeeze of **lemon**.



Bake

Put the **aubergine** onto a baking tray. Drizzle with **oil**, season with **half the zahtar** and **salt** and **pepper** then toss to coat. Spread out in a single layer. Pop the **shawarma kebabs** onto another baking tray lined with baking paper. When the oven is hot, roast the **aubergine** on the top shelf of your oven until soft and golden, 20-25 mins, and the **kebabs** on the middle shelf until browned on the outside and cooked through, 12-15 mins. Turn both halfway through. Alternatively, you could BBQ the **kebabs**! **IMPORTANT: The kebabs are cooked when no longer pink in the middle.**



Ready to Feast

When everything is ready, divide the **baharat chicken** and **lamb shawarma kebabs** between your plates. Share out the **roasted aubergine slices**, drizzle over the **tahini yoghurt** and sprinkle on the remaining **mint**. Serve with the **tomato and cucumber salad**, **zahtar flatbreads** and any remaining **lemon** cut into **wedges** alongside.

Enjoy!