



Fast! Plant-Based Chicken Shawarma Bowl

with Couscous, Shepherd's Salad & Hummus



ca. 20min



2 Servings

Fresh, filling, and fast is the name of the game for this Mediterranean-inspired bowl. We season plant chicken with Baharat spices—a warm blend that includes cumin, coriander, and nutmeg—and sear them in a hot skillet. The chicken rests on fluffy couscous flavored with parsley and olives alongside a salad of fresh tomatoes, cucumbers, and onions. Velvety hummus joins the party before we sprinkle toasted pine nuts over top.

What we send

- ½ oz pine nuts ¹⁵
- 3 oz couscous ¹
- 1 plum tomato
- 1 cucumber
- 1 red onion
- 1 oz Kalamata olives
- ½ lb plant-based chicken ⁶
- ¼ oz baharat spice blend
- ¼ oz fresh parsley
- 4 oz hummus ¹¹

What you need

- olive oil
- kosher salt & ground pepper
- red wine vinegar (or white wine vinegar)
- sugar

Tools

- small saucepan
- medium nonstick skillet

Allergens

Wheat (1), Soy (6), Sesame (11), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 880kcal, Fat 53g, Carbs 70g, Protein 36g



1. Cook couscous

Heat **1 teaspoon oil** in a small saucepan over medium; add **pine nuts** and cook, stirring frequently, until toasted, about 2 minutes. Transfer to a cutting board. In same saucepan, bring **½ cup water** and a **pinch of salt** to a boil over high heat. Stir in **couscous**; cover and remove from heat. Set aside until step 5.

Meanwhile, core **tomatoes**, then quarter lengthwise and chop.



4. Cook plant-based chicken

Add **remaining onions** to skillet; cook, stirring occasionally, until starting to soften, 2-3 minutes. Move onions to the side and add **plant-based chicken** in an even layer; cook, undisturbed, until well browned on one side, 2-3 minutes. Stir and continue to cook until plant chicken is warmed through and onions are browned in spots, 2-3 minutes. Season to taste with **salt** and **pepper**.



2. Prep ingredients

Peel **cucumber**, then quarter lengthwise and scoop out seeds; slice crosswise into ¼-inch thick pieces. Halve and thinly slice **all of the onion**. Coarsely chop **half of the olives**, removing any pits if necessary.

Pat **plant-based chicken** dry and season all over with **baharat spice blend, salt,** and **pepper**.



5. Finish

Finely chop **parsley leaves and stems**. In a small bowl, combine **chopped olives, parsley,** and **1 tablespoon oil**; add half to **couscous** and fluff.

Divide **couscous** between bowls. Dollop **hummus** alongside; drizzle with **olive oil** and sprinkle with **pine nuts**. Serve **plant-based chicken** and **salad** alongside. Spoon **remaining olives** over top.



3. Make shepherd's salad

In a medium bowl, combine **tomatoes, cucumbers, half of the onions, 2 tablespoons oil, 2 teaspoons vinegar,** and **¼ teaspoon sugar**; stir to combine. Season to taste with **salt** and **pepper**.

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high.



6. Serve

Enjoy!