



# CHICKEN SHAWARMA

WITH YOGHURT MINT SAUCE

DIFFICULTY: Easy | SERVES: 4 | READY IN: 40 minutes

Lebanese flatbreads stuffed with juicy chicken, fresh salad and plenty of sauce - chicken shawarma is pretty hard to resist! Cooking the meat in a loaf tin gives a similar result to traditional rotisserie cooking.



## CHICKEN

- 1 1/2 Tbsp cornflour
- 1/2 Tbsp ground cumin
- 1/2 Tbsp salt
- 1 tsp garlic powder
- 1 tsp ground coriander
- 1 tsp ground paprika
- 1/2 tsp turmeric
- 600g boneless, skinless chicken thighs (1lb 5oz)
- 1 1/2 Tbsp olive oil
- 1 Tbsp lemon or lime juice

## YOGHURT SAUCE

- 200ml unsweetened Greek yoghurt (6.8 fl.oz)

- 2 tsp lemon or lime juice
- 1 tsp ground cumin
- 1 clove garlic
- 1 handful fresh mint

## TO SERVE

- 2 tomatoes
- 1 carrot
- 1 small red onion
- 4 Lebanese breads (white or wholemeal)
- 150g hummus (5.3oz) *optional*
- 60g baby spinach or kale (2.1oz)
- 2-3 Tbsp barbecue or sweet chilli sauce *optional*

## 1. COOK CHICKEN

Preheat oven to 200°C (390°F) fan bake. Place cornflour, cumin, salt, garlic powder, coriander, paprika and turmeric in a large resealable bag or container. Seal and shake to combine. Add chicken, oil and lemon or lime juice. Shake again until chicken is well coated.

- Layer chicken thighs up in a 23cm / 9in loaf tin (line the tin with baking paper if you are worried about staining from the turmeric). Bake for 25-30 minutes, until browned on top and cooked through.

## 3. MAKE YOGHURT SAUCE

Meanwhile, whisk together yoghurt, lemon or lime juice and cumin. Crush garlic and finely chop mint. Stir into sauce and season to taste with salt and pepper.

## 4. PREPARE SERVING INGREDIENTS

Slice tomatoes, julienne or grate carrot and thinly slice onion. Spread the top of each Lebanese bread with yoghurt sauce and hummus, if using. Top with spinach/kale, tomato, carrot and red onion.

## 5. SERVE

Remove chicken from oven and leave to rest for 5 minutes. Slice chicken and place on top of salad. Add a drizzle of barbecue or sweet chilli sauce, if using. Roll up and serve! You can also wrap them in foil and lightly toast in a toasted sandwich maker, if you prefer the bread crisped/warmed.



**WINE MATCH:** A Sauvignon Blanc.

## **CHICKEN SHAWARMA RECIPE NOTES**

**GLUTEN-FREE OPTION:** Make sure you use gluten-free cornflour. Swap Lebanese breads for large gluten-free wraps.

**INGREDIENT SWAPS / NOTES:** Grated cheese or feta cheese make a nice addition to this meal, if you like. Add with the salad. Large wraps could be used instead of Lebanese breads.

**CUTTING DOWN ON CARBS?** Omit the bread, increase the greens and turn this meal into a chicken shawarma salad instead.

**STORING AND REHEATING:** This meal is best assembled just before serving. Chicken can be reheated in the microwave or in a frying pan with a little oil.