

Printfid00276hero chickenshawarma 154

Chicken Shawarma with Pitas,

Crunchy Salad and Garlic Yoghurt.



20-30min



4 Portions

Inspired by the classic Middle Eastern wraps, these shawarma-style pitas are a real family favourite. The tender chargrilled chicken and salad are piled atop fluffy pitas, then rolled up and devoured. Don't leave out the garlic-yoghurt sauce - besides adding creaminess, it gives this light summer dinner a calcium boost,

What we send

- parsley, garlic
- Greek-style yoghurt ⁷
- Pita Pocket, White (6pk) ¹
- Lebanese cucumber
- roma tomatoes
- baby cos lettuce
- free-range chicken thigh fillet
- ras el hanout
- lemon

What you'll require

- olive oil
- salt and pepper

Utensils

- chargrill or frypan
- foil
- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

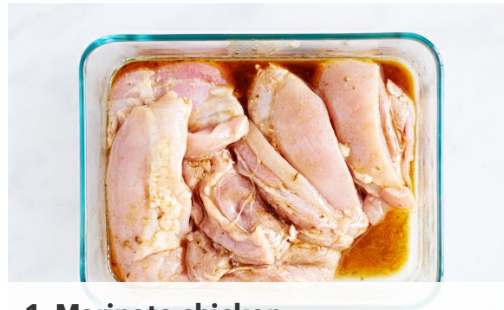
If your kids don't like all of the salad ingredients, put all of the ingredients out separately when serving and get the kids to add their own.

Allergens

Gluten (1), Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 570.0kcal, Fat 18.3g, Proteins 46.2g, Carbs 48.6g



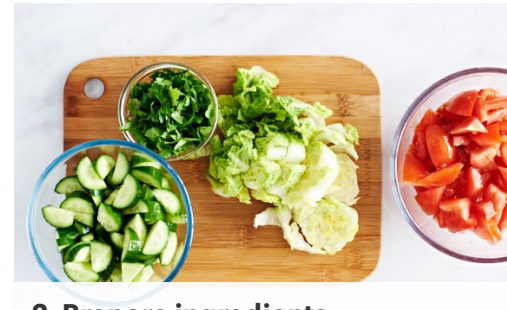
1. Marinate chicken

Preheat oven to 180C. Juice half the **lemon**. Combine 1 tsp **ras el hanout** (reserve remainder for another use) with 1 tbs **oil**, 1 tbs **lemon juice**, 1 tsp **brown sugar** and ¼ tsp **salt** in a shallow dish. Trim any excess fat from the **chicken** and add to the mixture. Turn to coat and set aside to marinate for 5 mins.



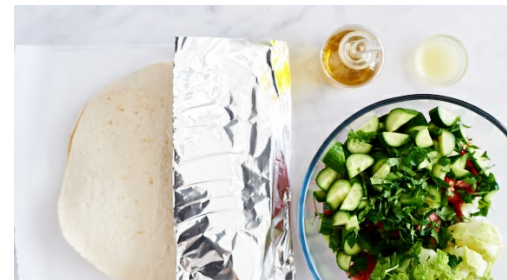
4. Make yoghurt sauce

Meanwhile, finely chop half the **garlic** clove and add to the **yoghurt**, if desired. Stir in a pinch of **salt** and 1 tsp **oil**.



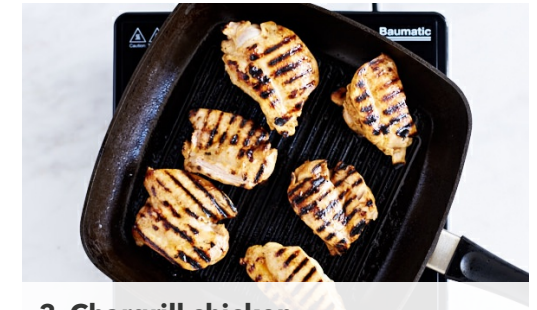
2. Prepare ingredients

Meanwhile, coarsely chop the **lettuce**. Dice the **tomatoes** and **cucumber**. Pick the **parsley** leaves (discard stems) and coarsely chop.



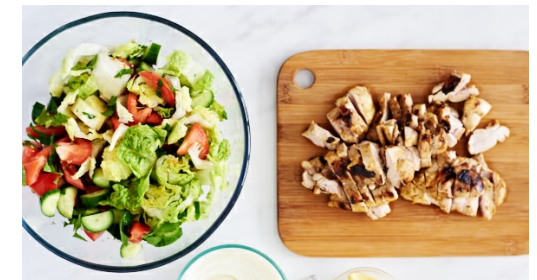
5. Make salad

Wrap the **pita bread** in foil and warm in the oven for 5-7 mins or individually in a large frypan over high heat for 30 secs each side. Combine the **tomato**, **lettuce**, **cucumber** and **parsley** in a large bowl (see cooking tip). Drizzle with 1 tbs **oil** and 1 tbs **lemon juice**.



3. Chargrill chicken

Preheat a chargrill pan over medium-high heat and cook the **chicken** for 4-5 mins each side until cooked through.



6. Get ready to serve

Cut the remaining **lemon** half into wedges. Thinly slice the **chicken**. Spread **pita bread** with a little **yoghurt sauce**, then top with the **salad** and chicken to serve.