



Chicken Shawarma Kebab

for those craving a takeaway kebab!

Ingredients (Serves 4)

500g of skinless and boneless chicken (breast or thigh fillets)
2 garlic clove crushed (used in 2 parts of recipe)
1 tbsp of ground coriander
2 tbsp of ground cumin (used in 2 parts of recipe)
1 tbsp smoked paprika
1 lemon juice and zest
200g low fat greek yogurt
4 flatbreads or pitta breads
Salad – lettuce, tomato, onion, cucumber

Method

Cut the chicken into fillets and place in a large bowl. Add 1 crushed garlic, tsp ground coriander, 1 tsp of cumin and 1 tsp of smoked paprika and 2 tsp of lemon juice. Cover the bowl and place in the fridge to marinate for 2-4 hours (or overnight if you can wait that long!). To make the kebab sauce combine the low fat yogurt, the remaining garlic and cumin along with 2 tsps of lemon juice and mix well. Place in the fridge until required (don't keep in the fridge for longer than 2 days).

Heat the grill or BBQ and cook the marinated chicken fillets for 4-5 minutes on each side until well cooked and slightly charred. Slice the chicken and pile onto a platter along with the flatbreads. Smear the sauce across a flatbread and build your perfect kebab with tasty chicken and salad. Enjoy!