

# Chicken Shawarma

## Ingredients

- g Chicken patty, frozen, uncooked
- tbsp Chopped cilantro leaves
- Garlic, raw
- tbsp Spices, cumin seed
- g Spices, pepper, red or cayenne
- g Paprika
- g scotch bonnet
- mL Lime juice, raw
- mL Oil, olive, salad or cooking
- Jar Yogurt, Greek, plain, whole milk
- tsp Lemon juice, raw
- serving DENNY'S, coleslaw
- Onions, raw
- Cucumber, with peel, raw
- tbsp Chopped cilantro leaves
- mL Oil, olive, salad or cooking
- tsp Spices, pepper, red or cayenne
- Bread, pita, whole-wheat
- MAGGI Crayfish Tablette Fort 24 (60x10g) SPNG

## Instruction

1. Mix all the marinade ingredients in a freezer bag. Place the chicken in the bag. Close and shake to soak them well. Reserve in the fridge
2. Grate the garlic. Mix the yogurt sauce ingredients in a bowl, cover and refrigerate until ready to serve.
3. Wash the salad and cut it into a chiffonade. Peel the cucumber, remove the seeds and cut it into small cubes. Peel and chop the onion. Wash and chop the coriander. Mix all the salad ingredients and season with olive oil and lemon juice.
4. Heat a large grill pan. Cook the chicken cutlets until they take on a nice color on both sides. Gradually place them on a large plate and cover with aluminum foil to keep them warm. Cut the escalopes into slices
5. Cut the pita breads in half and flatten them. Fill with salad, chicken slices and add 1 tbsp of sauce. Roll up the shawarma and wrap in a sheet of baking paper.

## Nutrition

Carbohydrates	15,74 g
Energy	158,46 kcal
Total fat	8,71 g
Fiber	1,78 g
Protein	5,67 g
Saturated Fats	1,53 g
Sodium	342,5 mg
Sugars	2,24 g

60 Minutes

6