



UCOOK

Chicken Shawarma

with a yoghurt dressing & dried pomegranate gems

Ever wondered what 'shawarma' means, Chef? It's Turkish for the word 'turning', a reference to the vertical rotisserie traditionally used for this meal. Today, you will be turning heads when you serve this meal at the dinner table. Featuring creamy, NOMU Moroccan Rub-spiced chicken fillets, wrapped up in toasted rotis with dried pomegranate gems, cucumber, greens & tomato.

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Serves: 3 People

Chef: Jordyn Henning

Quick & Easy

Laborie Estate | Laborie Rosé

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Ingredients & Prep

450g	Free-range Chicken Mini Fillets
45ml	Shawarma Spice <i>(15ml Smoked Paprika, 22,5ml NOMU Moroccan Rub & 7,5ml Garlic Powder)</i>
2	Lemons <i>rinse & cut into wedges</i>
150ml	Greek Yoghurt
7,5ml	Ground Cumin
8g	Fresh Mint <i>rinse, pick & roughly chop</i>
6	Rotis
60g	Green Leaves <i>rinse & roughly shred</i>
2	Tomatoes <i>rinse & cut into into half-moons</i>
300g	Cucumber <i>rinse & cut into into half-moons</i>
45g	Dried Pomegranate Gems

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter (optional)

1. SOME PREP Pat the chicken dry with paper towel and add to a bowl. Add the shawarma spice, a squeeze of lemon juice (to taste), and season. In a small bowl, combine the yoghurt, the cumin (to taste), the chopped mint, a squeeze of lemon juice (to taste), and season. Loosen it a bit with a splash of water.

2. FRY THE CHICKEN Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. Remove from the pan.

3. ROTIS Place a clean pan over medium heat. When hot, toast each roti until warmed through, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave, 30-60 seconds.

4. DINNER Load the toasted rotis with the shredded leaves, the sliced tomato, the cucumber half-moons, the chicken, and dollop over the yoghurt. Sprinkle over the dried pomegranates and wrap up, Chef!

Nutritional Information

Per 100g

Energy	407kJ
Energy	97kcal
Protein	6.7g
Carbs	14g
of which sugars	3.2g
Fibre	2g
Fat	2.2g
of which saturated	0.5g
Sodium	183mg

Allergens

Gluten, Allium, Wheat, Sulphites, Soy, Cow's Milk

Eat
Within
3 Days