



# 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.

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**Hands-on Time:** 20 minutes

**Overall Time:** 20 minutes

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**Serves:** 1 Person

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**Chef:** Jordyn Henning

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Quick & Easy

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Laborie Estate | Laborie Rosé

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## Ingredients & Prep

150g	Free-range Chicken Mini Fillets
15ml	Shawarma Spice <i>(5ml Smoked Paprika, 7,5ml NOMU Moroccan Rub &amp; 2,5ml Garlic Powder)</i>
1	Lemon <i>rinse &amp; cut into wedges</i>
50ml	Greek Yoghurt
2,5ml	Ground Cumin
3g	Fresh Mint <i>rinse, pick &amp; roughly chop</i>
2	Rotis
20g	Green Leaves <i>rinse &amp; roughly shred</i>
1	Tomato <i>rinse &amp; cut into into half-moons</i>
100g	Cucumber <i>rinse &amp; cut into into half-moons</i>
15g	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. 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