



## Chicken Shawarma Lettuce Cups

with Cucumber Relish & Tahini



20-30min



2 Servings

Tahini is a condiment made from finely ground white sesame seeds. The result is a rich, creamy paste with a mildly nutty flavor. For this keto-friendly chicken shawarma, tahini is combined with lemon juice and yogurt creating a creamy sauce to drizzle over garam masala spiced boneless chicken thighs. It's all served in crisp lettuce cups with roasted red pepper and cucumber relish.



## What we send

- garlic
- 4 oz Greek yogurt <sup>1</sup>
- ¼ oz garam masala
- 10 oz pkg chicken breast strips
- 1 lemon
- 1 cucumber
- 2 oz roasted red peppers
- 1 oz tahini <sup>2</sup>
- 1 romaine heart

## What you need

- olive oil
- kosher salt & ground pepper

## Tools

- microplane or grater
- medium skillet

## Allergens

Milk (1), Sesame (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 580kcal, Fat 41g, Carbs 16g, Protein 45g



### 1. Marinate chicken

Using a microplane, grate 1 teaspoon of garlic. In a medium bowl, combine **2 tablespoons each of yogurt and oil, 2 teaspoons garam masala, 1 teaspoon salt, ½ teaspoon of the chopped garlic, and a few grinds of pepper.**

Pat **chicken** dry, then transfer to marinade, turning to coat. Set aside until step 5.



### 4. Make Tahini Sauce

Add **tahini** and remaining yogurt to bowl with **lemon juice**. Whisk in 2 tablespoons water\_\_ and **1 tablespoon oil** to make a smooth sauce (if too thick, add 1 teaspoon water at a time, as needed). Season to taste with **salt** and **pepper**.



### 2. Prep cucumber relish

Zest half of the lemon into a medium bowl, then squeeze **1 tablespoon lemon juice** into a small bowl.

Trim ends from **cucumber**, then peel and halve lengthwise. Scoop out seeds, then finely chop. Finely chop **roasted red peppers**, if necessary.



### 5. Cook Chicken

Heat 1 tablespoon oil in a medium skillet over medium-high. Remove chicken from marinade and let excess marinade drip off. Add chicken in a single layer and cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and cook until cooked through, about 2 minutes more.



### 3. Make Relish

Add **cucumbers, roasted red peppers, remaining chopped garlic**, and **1 teaspoon oil** to bowl with **lemon zest**, tossing to combine. Season to taste with **salt** and **pepper**.



### 6. Prep lettuce & serve

Trim stem end from **lettuce** and separate leaves.

Assemble **lettuce wraps** at the table, filling **lettuce leaves** with **chicken, cucumber relish**, and a **drizzle of the tahini sauce**. Enjoy!