



Shawarma Lettuce Cups with Chicken Breast

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 chicken breast. It's all served in crisp lettuce cups with roasted red pepper and cucumber relish.

What we send

- garlic
- 4 oz Greek yogurt ⁷
- ¼ oz garam masala
- 12 oz pkg boneless, skinless chicken breasts
- 1 lemon
- 1 cucumber
- 2 oz roasted red peppers
- 1 oz tahini ¹¹
- 1 head bibb lettuce

What you need

- olive oil
- kosher salt & ground pepper

Tools

- microplane or grater
- rimmed baking sheet

Allergens

Milk (7), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 550kcal, Fat 35g, Carbs 16g, Protein 50g



THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

1. Marinate chicken

Finely chop **1 teaspoon garlic**. In a medium bowl, combine **2 tablespoons each of yogurt, water, 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 3.



4. Make cucumber relish

While **chicken** broils, 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**.



2. Prep cucumber relish

Preheat broiler with a rack in the top position. Finely grate **¼ teaspoon lemon zest** 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 1½ cups (save rest for own use). Finely chop **roasted red peppers**, if necessary.



5. Make tahini sauce

Add **tahini** and **3 tablespoons of the remaining yogurt** to bowl with **lemon juice**. Stir in **¼ cup water** and **1 tablespoon oil** to make a smooth sauce (if too thick, add 1 tablespoon water at a time, as needed). Season to taste with **salt and pepper**.



3. Broil chicken

Remove **chicken** from **marinade** and transfer to a rimmed baking sheet lined with foil; discard any remaining marinade.

Broil on top oven rack until chicken is browned in spots and cooked to 165°F internally, 8-10 minutes (watch closely as broilers vary). Transfer to a cutting board to cool slightly.



6. Prep lettuce & serve

Trim stem end from **lettuce** and separate leaves. Slice **chicken** into strips.

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