

DINNERLY



Low-Carb Chicken Shawarma Lettuce Cups

with Shepherd's Salad & Creamy Feta Sauce



20-30min



2 Servings

As much as we'd like to have a spinning cone of roasted meat in our house, it's just not feasible at the moment. Good thing we've recreated the super savory taste of chicken shawarma with just a skillet on the stovetop. Swap the pita bread with crisp lettuce cups, because who needs those carbs? A chopped salad on the side and a dreamy, creamy feta sauce are all we need. We've got you covered!

WHAT WE SEND

- 1 plum tomato
- 1 cucumber
- 1 red onion
- ¼ oz garam masala
- 2 oz feta ⁷
- 1 romaine heart
- ½ lb pkg chicken breast strips

WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper
- red wine vinegar (or white wine vinegar)

TOOLS

- medium nonstick skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 550kcal, Fat 41g, Carbs 21g, Protein 34g



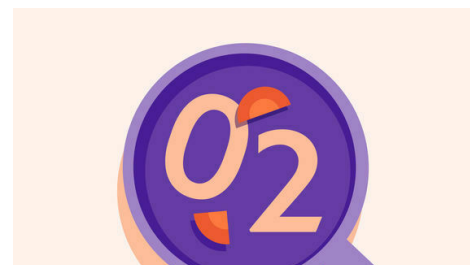
1. Prep veggies

Finely chop **1½ teaspoons garlic**. Core **tomato**, then cut into ½-inch pieces.

Halve **cucumber** lengthwise (peel first, if desired). Using a spoon, scoop out and discard seeds from one half, then cut into ½-inch pieces (save other half for own use).

Halve and thinly slice **onion**; finely chop 2 tablespoons of the sliced onions.

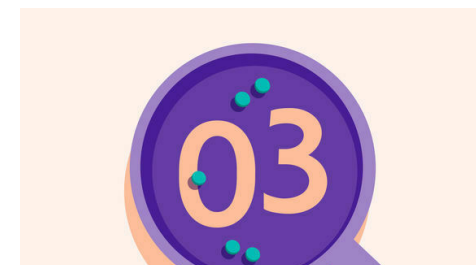
Pat chicken dry.



2. Prep chicken & salad

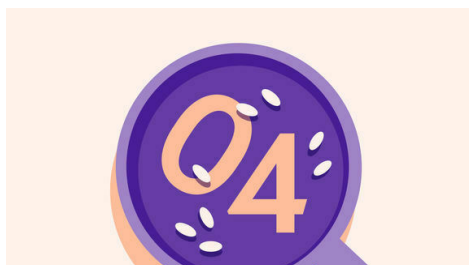
In a medium bowl, add **chicken, sliced onions, garam masala, 1 teaspoon chopped garlic**, and **1 tablespoon oil**; season with **salt** and **pepper**. Toss to coat; set aside to marinate.

In a second medium bowl, whisk together **2 tablespoons oil** and **1 tablespoon vinegar**; season with **salt** and **pepper**. Add **cucumbers, tomatoes, and chopped onions**; toss to coat.



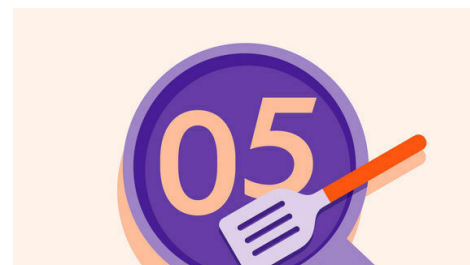
3. Make feta sauce

Place **feta** in a small bowl and mash with a fork. Add **remaining chopped garlic, 1 tablespoon water**, and **1 teaspoon oil**; whisk until creamy (add more water as needed). Season to taste with **salt** and **pepper**.



4. Cook chicken & onions

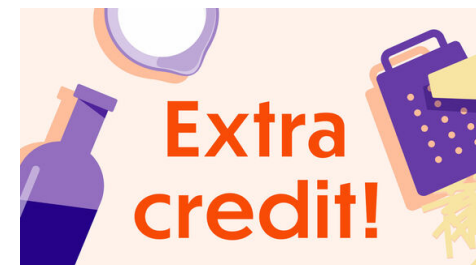
Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **chicken and sliced onions**; cook, stirring, until onions are browned and chicken is cooked through, about 5 minutes. Season to taste with **salt** and **pepper**.



5. Prep lettuce & serve

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

Assemble **lettuce cups** at the table, filling **lettuce leaves** with **chicken, shepherd's salad**, and a **drizzle of feta sauce**. Enjoy!



6. Spice it up!

Give your lettuce cups a few shakes of your favorite hot sauce.