

DINNERLY



Low-Cal Chicken Shawarma with Tomatoes & Toasted Pita



ca. 20min



2 Servings

Shawarma is not usually a dish you make at home. We don't know about you, but we sure as heck don't have a cone of meat rotating near an open flame in our kitchen. But, what we do have is a ton of spices and enthusiasm. Armed with our garam masala spice blend, warm pita, and a heavy hand of cool sour cream sauce, we're bringing you all of the shawarma feels in just 20 minutes. We've got you covered!

WHAT WE SEND

- 2 plum tomatoes
- 2 scallions
- 2 (1 oz) sour cream¹
- 10 oz pkg boneless, skinless chicken breast
- ¼ oz garam masala
- 2 Mediterranean pitas^{2,3,4}

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- white wine vinegar (or apple cider vinegar)

TOOLS

- medium skillet

ALLERGENS

Milk (1), Sesame (2), Soy (3), Wheat (4).
May contain traces of other allergens.
Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 500kcal, Fat 20g, Carbs 40g, Protein 42g



1. Prep ingredients & sauce

Core **tomatoes**, then cut into ¼-inch pieces.

Trim ends from **scallions**, then thinly slice.

In a small bowl, thin **all of the sour cream** by adding **1 teaspoon water** at a time, until it drizzles from a spoon; set aside until ready to serve.



2. Marinate tomatoes

In medium bowl, whisk to combine **2 teaspoons oil** and **1 teaspoon vinegar**; season with **a pinch each of salt and pepper**. Add **tomatoes** and **scallions**; stir to coat. Let stand at room temperature until ready to serve.



3. Season chicken

Pat **chicken** dry. Rub with **oil**. Season all over with **1½ teaspoons garam masala**, **½ teaspoon salt**, and **a few grinds of pepper**, patting to help seasonings adhere.



4. Cook chicken

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chicken** to skillet and cook until browned and cooked through, 3–4 minutes per side; transfer to plates.



5. Broil pita & serve

Brush **pitas** all over with **oil**. Heat same skillet over medium-high. Add **one pita** at a time and cook until lightly browned and warm on both sides, about 15 seconds per side; cut into quarters.

Serve **chicken** with **marinated tomatoes**, **toasted pita triangles**, and **sour cream**. Enjoy!



6. Crunch crunch!

Hit your shawarma with crunchy chickpeas for a salty surprise! Preheat oven to 350°F with a rack in the lower third. Drain a can of chickpeas, dry well with a paper towel, and toss on a rimmed baking sheet with 1 tablespoon oil and a generous pinch of salt. Spread chickpeas into one even layer. Bake on lower rack until golden brown, 40–45 minutes. They will continue to crisp as they cool.