



Low-Carb Chicken Shawarma Lettuce Cups

with Cucumber Relish & Yogurt-Tahini Sauce



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 low-carb chicken shawarma, tahini is combined with lemon juice and yogurt creating a creamy sauce to drizzle over garam masala-spiced chicken breast strips. It's all served in crisp lettuce cups with a roasted red pepper and cucumber relish.

What we send

- garlic
- 4 oz Greek yogurt ¹
- ¼ oz garam masala
- 10 oz pkg chicken breast strips
- 1 lemon
- 1 cucumber
- 2 oz roasted red peppers
- 1 oz tahini ²
- 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 550kcal, Fat 36g, Carbs 19g, Protein 44g



1. Marinate chicken

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

Pat **chicken** dry; cut into 1-inch pieces, if necessary. Transfer chicken to marinade, turning to coat. Set aside until step 5.



4. Make tahini sauce

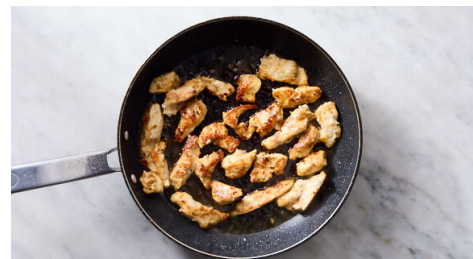
Add **tahini** and **remaining yogurt** to bowl with **lemon juice**. Whisk in **2 tablespoons water** and **1 tablespoon oil** until **sauce** is smooth and pourable (if too thick, add 1 teaspoon water at a time, as needed). Season to taste with **salt** and **pepper**.



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 to skillet 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

To bowl with **lemon zest**, add **cucumbers**, **roasted red peppers**, **remaining grated garlic**, and **1 teaspoon oil**, 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!