

DINNERLY



Low-Carb 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
- 1 bunch scallions
- 2 (1 oz) pkts sour cream ⁷
- 10 oz pkg boneless, skinless chicken breasts
- ¼ oz pkt garam masala
- 2 Mediterranean pitas ^{1,6,11}

WHAT YOU NEED

- white wine vinegar (or apple cider vinegar) ¹⁷
- olive oil
- kosher salt & ground pepper

TOOLS

- medium skillet

ALLERGENS

Wheat (1), Soy (6), Milk (7), Sesame (11), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 530kcal, Fat 23g, Carbs 40g, Proteins 43g

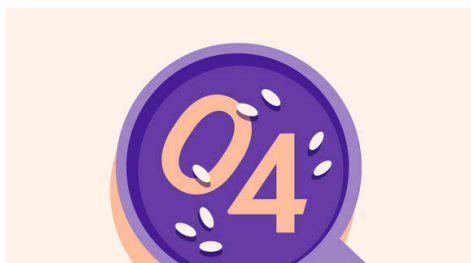


1. Prep veggies & sauce

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

Trim ends from **scallions**, then thinly slice about 4 tablespoons (save rest for own use, if any).

In a small bowl, thin **sour cream** by adding **1 teaspoon water** at a time until it drizzles from a spoon.



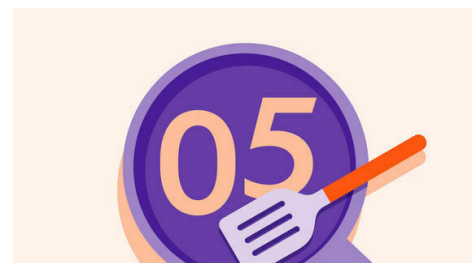
4. Cook chicken

Heat **2 teaspoons oil** in a medium skillet over medium-high. Add **chicken** and cook until lightly browned and cooked through, about 3 minutes per side. Transfer to plates and wipe out skillet.



2. Marinate tomatoes

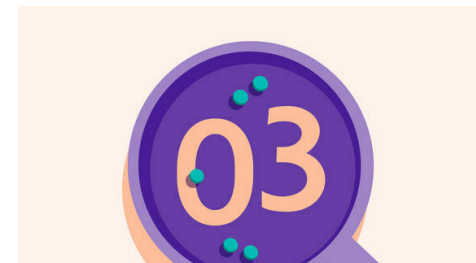
In a medium bowl, whisk **2 teaspoons oil** and **1 teaspoon vinegar**. Add **tomatoes** and **scallions**; stir to coat. Season to taste with **salt** and **pepper**. Set aside at room temperature until ready to serve.



5. Warm pitas & serve

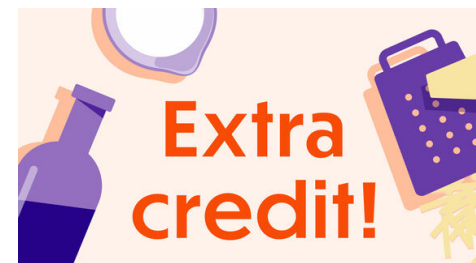
Brush **pitas** all over with **oil**. Return skillet over medium-high heat. Add one pita at a time; cook until lightly browned and warm, about 15 seconds per side. Cut into quarters.

Serve **chicken shawarma** with **marinated tomatoes** and **toasted pitas** alongside. Drizzle **sour cream** over top. Enjoy!



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 seasoning adhere.



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 oven rack until golden-brown, 40–45 minutes. They will continue to crisp as they cool.