






Cooking Made Easy

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An Alternative Mother's Day Chicken Shawarma (with a side portion of love)

Mother's Day needs a shake up! The mums of yesteryear may have been happy with a roast chicken dinner but the mum of today is a sophisticated lady with global taste! That's why we decided to spice up the usual mealtime offering with this healthy spin on a Lebanese classic. Maximum taste, maximum love, minimum hassle. Best served with a warm hug.



30 min



family box



Chicken Breast



Natural Yoghurt



Shawarma Seasoning



Lemon



Baby Gem Lettuce



Cocktail Tomato



Garlic Clove



Mayonnaise




Flatbread

Ingredients

	2P	4P
Chicken Breast	-	4
Natural Yoghurt 1	-	2 pots
Shawarma Seasoning	-	2 tbsp
Lemon	-	1
Baby Gem Lettuce, shredded	-	2
Cocktail Tomato, sliced	-	2
Garlic Clove, diced	-	1
Mayonnaise 2, 3	-	2 tbsp
Flatbread 4	-	4

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

Allergens

1) Milk | **2)** Egg
3) Mustard | **4)** Gluten

Nutrition per serving: Calories: 554 kcal | Protein: 49g | Carbs: 52g | Fat: 15g | Saturated Fat: 3g



1 Pre-heat your oven to 180 degrees. Lay each chicken breast on the chopping board and slice into it from the side. Open it up like a book. You've now butterflied your chicken!

Make sure the chicken is cooked through. **Tip:** Use another pan to push down on top of the chicken to get it crispier.



2 Mix 4 tbsp of the yoghurt with the shawarma seasoning, the zest of half the lemon, 2 tsp of lemon juice, ¼ tsp of salt and rub all over the chicken breasts and leave to marinate for as long as you can.

6 Toss the lettuce and tomato slices in the remaining lemon juice, ¼ tsp of salt and some black pepper. Warm your flatbreads through by putting in the oven at 180 degrees for 2-3 mins.



3 Cut the baby gem lettuce in half lengthways and cut widthways into thin shreds. Slice the tomato into ½cm slices. Finely dice the garlic and use the flat side of your knife to mash it to a pulp. **Tip:** If you don't like raw garlic, peel it then put it in boiling water for 1 min then chop.

7 Now comes the fun bit - assemble your shawarma's. Dollop some of the garlicky lemony mayonnaise onto the flatbreads, then the lettuce and tomato. Finally, slice the chicken into strips and pile on top.



4 LH: Mix the mayonnaise with as much garlic as you dare, 2 tsp of lemon juice and a few grinds of black pepper. **Tip:** We recommend going bit by bit on the garlic and tasting as you go to get it just right.

5 Heat a large frying pan over a medium-high heat with ½ tbsp of olive oil. Fry off the chicken for 2-3 mins on each side until brown.