



Chicken Shawarma



Nutritional, delicious dinner for the whole family!

This is an amazing Middle Eastern dish that has just the right amount of spice and heat. The combination of spices on the chicken along with the cool tanginess of the sauce and crunch of the lettuce is incredible! It is typically served on flatbread, but for this recipe, replace it with grain-free tortillas or lettuce leaves.

4 Servings

Ingredients:

- 2 lbs free-range, organic chicken thigh fillets, skinless and boneless

- **Marinade**

- 1 large garlic cloves, minced
- 1 Tbsp ground cumin
- 1 Tbsp ground cardamom
- 1 Tbsp ground coriander or curry power
- 1 Tbsp ground cayenne pepper
- 2 tsp paprika (preferably smoked)
- 2 tsp sea salt
- 1/8 tsp black pepper
- Juice of 1 lemon

- 3 Tbsp avocado oil

- **Sauce**

- 1 cup organic sour cream or Greek yogurt
- 1 clove garlic, minced
- 1 tsp cumin
- Splash of lemon juice
- Salt and pepper to taste

- **Serve with**

- 6 grain-free tortillas
- Organic lettuce, shredded or used as a pita
- Tomato slices

Instructions:

1. Combine the marinade ingredients in a large ziplock bag (or bowl). Add the chicken and make sure each piece is coated very well. Marinate for a few hours or overnight.
2. Combine the sauce ingredients in a bowl and mix. Cover and put in the fridge until ready to serve.
3. Heat grill or pan on medium high. Place chicken on the grill and cook the first side for 4 to 5 minutes until it starts to brown and caramelize, then turn and cook the other side for 3 to 4 minutes.
4. Remove chicken from the grill and cover loosely with foil. Set aside to rest for 5 minutes, then slice or cut into chunks. Pour any juices that remain over the top of the chicken
5. Put some of the sauce on the tortilla or lettuce, then add the chicken and tomatoes. Enjoy!