

RECIPE CHICKEN SHAWARMA BOWLS



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Recipe

- **Chicken**
- 15 ml olive oil
- 15 ml smoked paprika
- 10 g ground coriander, 5 g ground cumin, 2.5 g ground turmeric, 1 g cayenne pepper, 1 g ground cinnamon, 9g salt, freshly ground black pepper
- 900g boneless, skinless chicken thighs
- **Bowls**
- 190 g long-grain white rice (rinsed), salt
- 15 ml + 10 ml olive oil
- 2 cucumbers (sliced), 2 bell peppers (chopped), 40 g red onion (sliced), 150 g cherry tomatoes (halved), 75 g crumbled feta
- Pinch of crushed red pepper flakes, juice of 2 lemons (divided)
- 240 g plain Greek yogurt, 15 g fresh dill
- Hummus, pita

Method

- **Chicken:** In a bowl, combine 15 ml olive oil, 15 ml paprika, 10 g coriander, 9 g salt, 5 g cumin, 2.5 g turmeric, 1 g cayenne, and 1 g cinnamon; season with pepper. Add chicken and toss to coat. Marinate for 30 minutes or refrigerate up to 3 hours.
- **Bowls** In a medium pot, combine 190 g rice, a pinch of salt, and 480 ml water. Bring to a boil, then reduce heat to low, cover, and cook for 15 minutes. Remove from heat and let sit, covered, for 10 minutes, then fluff.
- Heat 15 ml oil in a skillet over medium-high heat. Cook chicken in batches, turning, until golden brown and an instant-read thermometer reads 75°C, about 5-7 minutes per side. Let rest for 10 minutes and slice.
- In a large bowl, combine 2 cucumbers, 2 bell peppers, 40 g red onion, 150 g tomatoes, and 75 g feta. Add 1 g red pepper flakes, juice from 1 lemon, and remaining 10 ml oil; toss to combine.
- In a small bowl, stir 240 g Greek yogurt, 15 g dill, and juice from the remaining 1 lemon.
- Serve rice in bowls, topped with chicken, veggies, yogurt sauce, and hummus. Serve with warm pita.