



MILD Shawarma Chicken

Middle Eastern spiced chicken served on fluffy golden rice, topped with fresh crunchy veggies and finished with a creamy garlic drizzle.



35 Minutes



Chicken



2 Servings

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FROM YOUR BOX

BASMATI RICE	150g
CHICKEN THIGH FILLETS	300g
SHAWARMA SPICE MIX	1 packet
CARROT	1
LEBANESE CUCUMBER	1
CHERRY TOMATOES	200g
BABY SPINACH	60g
NATURAL YOGHURT	170g
AIOLI	1 sachet

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground turmeric

COOKING TOOLS

saucepan, BBQ or large frypan

Serve leftover chicken in flatbreads with rice, veg and sauce for lunch the next day!

Before you start cooking! Wash your veggies and set out all ingredients, pans, chopping board and knife.

Shawarma spice mix: cinnamon, cardamom, coriander, turmeric, sumac, smoked paprika, cumin.



1. COOK the GOLDEN RICE

Place **rice** and **1/4 tsp turmeric** in a saucepan and cover with **300ml water**. Cover and bring to a boil. Reduce to medium-low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



4. Make the GARLIC Sauce

In a small bowl, mix **yoghurt** and **aioli** until smooth and creamy. Season with **salt and pepper**, set aside in the fridge until serving.



2. MARINATE the CHICKEN

Place **chicken thighs** in a bowl. Add **1 tbsp oil** and **shawarma spice mix**. Mix well to coat.

tip For a different flavour twist, try using a mild Indian curry paste or curry powder instead.



5. BBQ the CHICKEN

Heat the BBQ and cook **chicken** for 10-12 minutes or until golden and cooked through. Remove to a board and slice (optional).

tip Cook the chicken in a frypan if you prefer!



3. PREPARE the VEGGIES

Ribbon or julienne **carrot**. Slice **cucumber** and halve **cherry tomatoes**. Rinse **baby spinach**. Keep everything separate for serving.

tip Add any other ingredients you like, such as grilled eggplant, zucchini or capsicum. Chickpeas also work well.



6. FINISH AND SERVE

Serve **golden rice** in shallow bowls and build your own bowl with **sliced chicken, fresh veggies** and a drizzle of **sauce**.

tip Finish with a squeeze of lemon or a sprinkle of fresh herbs like parsley or coriander for extra flavour!