

CHICKEN SHWARMA

Recipe adapted from one by Israel Scherrer



QUICK

About 8 minutes
prep time

HEALTHY

Protein is essential for growth & repair, healthy immunity, healthy cells, enzyme function and much more.... Chicken is a good source of protein

FAMILY



MEALS

Delicious served in a wholemeal pitta with a salad or coleslaw

INGREDIENTS

- 10 boneless and skinless chicken thighs
- 2 tbs medium curry powder
- 1 tbs garam masala
- 1 tbs chicken stock powder
- 50 ml olive oil

METHOD

- 1) In a large bowl mix everything except the chicken
- 2) Cut the thighs into 'fingers'
- 3) Put it in the bowl with the shwarma mix
- 4) Mix well – best to use your fingers
- 5) Ideally - marinade for 5 hours or overnight.
- 6) Cook at 200°C for approx. 15-20 mins till meat is cooked
- 7) Enjoy



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com