

HOW TO USE · SHAWARMA SEASONING

CHICKEN SHAWARMA WRAPS

Warm, aromatic and quick once the chicken has had its soak.

SERVES	PREP	COOK
3	15 min + 30 min marinating	12 min

INGREDIENTS

- 500 g chicken thigh fillets
- 2 tbsp Shawarma Seasoning (about 16 g)
- 2 tbsp olive oil, juice of ½ lemon and 2 tbsp natural yoghurt
- Garlic yoghurt: ½ cup (125 g) natural yoghurt, 1 small garlic clove (crushed) and a squeeze of lemon
- 3 large pita or flatbreads, with lettuce, tomato and cucumber



METHOD (frypan)

1. Slice the chicken into 1 cm strips. Mix with the Shawarma Seasoning, oil, lemon juice and yoghurt. Cover and marinate in the fridge (5°C or below) for 30 minutes, or overnight.
2. Stir the garlic and a squeeze of lemon through the yoghurt for the sauce.
3. Heat a large frypan or BBQ plate to medium-high with a splash of oil.
4. Cook the chicken in 2 batches for 5–6 minutes, turning, until browned and the centre reaches 75°C.
5. Rest 3 minutes. Warm the pita in a dry pan for 30 seconds a side.
6. Fill with chicken, salad and garlic yoghurt, and roll up.

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AIR FRYER METHOD

200°C · 10–12 min

Same chicken strips

1. Heat the air fryer to 200°C. Lightly spray the basket with oil.
2. Add the marinated strips in a single layer, not crowded. Cook in batches if needed.
3. Cook 10–12 minutes, shaking or turning at 5–6 minutes, until browned.
4. Check the thickest strip reaches 75°C. Rest 3 minutes.

BBQ / GRILL OPTION

Medium-high, 200–220°C · 8–10 min

Direct heat: kebab-style skewers

1. Thread the marinated chicken onto metal skewers, or soaked wooden ones. Heat the grill to medium-high and oil it.
2. Cook directly over the heat for 8–10 minutes, turning every 2–3 minutes, until browned with charred edges.
3. Check the centre reaches 75°C. Rest 3 minutes, then slide off into warm pita.

SMOKER OPTION

150–160°C · 45–60 min

Smoked thighs, charred to finish

1. Marinate whole thigh fillets (not sliced). Set the smoker to 150–160°C with a mild wood such as apple or cherry.
2. Smoke 45–60 minutes, until the centre reaches 75°C.
3. Char 1–2 minutes a side on a hot grill, rest 5 minutes, then slice thinly for wraps.

OTHER WAYS TO USE IT

- → Marinate sliced lamb or beef the same way, then pan-fry or grill.
- → Toss cauliflower, potatoes or other vegetables with oil and 1 tbsp seasoning before roasting.
- → Sprinkle over rice or grain bowls.

SALT This blend already contains salt, so taste before adding any more.