MIDDLE EASTERN · LUNCH · DINNER

Oven-Roasted Lebanese Chicken Shawarma

95 min · Serves 6 · 301 kcal a serve · Video 5:27 · Feelgoodfoodie

Gluten-free ingredients · Dairy-free · Nut-free

About 33 g of protein for 300 kcal per serve and almost no carbohydrate; the marinade is simply olive oil, lemon, garlic and spices. Rich in selenium, vitamin B6 and vitamin B12.

Diet notes: Low carb (1.7 g net carbs) but not keto: 52% of the energy is from fat, and keto meals get about 60% or more.

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Ingredients 11 · SERVES 6

- [ ] 450 g **chicken breasts**, boneless and skinless
- [ ] 450 g **chicken thighs**, boneless and skinless, halved if large
- [ ] 60 ml **olive oil**
- [ ] 3 tablespoons **lemon juice**
- [ ] 6 **garlic** cloves, pressed or minced
- [ ] 2 teaspoons **salt**
- [ ] 1 teaspoon **paprika**
- [ ] ¾ teaspoon **ground cardamom**
- [ ] ¾ teaspoon **ground cumin**
- [ ] ¼ teaspoon **crushed red pepper flakes**
- [ ] ¼ teaspoon **ground cinnamon**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Whisk the olive oil, lemon juice, garlic, salt, cardamom, cumin, paprika, chilli flakes and cinnamon in a large bowl. 0:41
2. Cut any large thighs in half, add all the chicken to the marinade and mix well. Marinate for at least 1 hour (at room temperature if only an hour) or up to 24 hours in the fridge. 1:28
3. Heat the oven to 200°C. Spread the chicken on a rimmed baking sheet, lined with baking paper if you like, and bake for 15 minutes, turning halfway. 2:47
4. Slice the chicken into strips. Heat a cast-iron skillet with no added oil and sear the strips in batches with a spoonful of the pan juices until charred at the edges, without crowding the pan. 3:25
5. Serve on its own, over a salad, or rolled in pita with sliced tomato, pickles and tahini or garlic sauce. 4:01

> **Tip** Serves 6 (our estimate) as a filling for wraps or salads. Marinating overnight gives the best flavour. Keeps 4 days in the fridge; reheat in a hot pan.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
301 kcal	33 g	2 g	0.4 g	17 g	870 mg
1,260 kJ	65% of a day	1.7 g net · 0.3 g sugars	1% of a day	3.5 g saturated	38% of a day
		1% of a day		22% of a day	

Energy from net carbs 2% · protein 45% · fat 53% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 54% · Vitamin B6 35% · Vitamin B12 22%

Source of (10–19%) Zinc 19% · Vitamin E 12% · Iron 10%

Recipe and video: Feelgoodfoodie (@Feelgoodfoodie) on YouTube — youtube.com/watch?v=R6e7HItOVNA, published 3 August 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/lebanese-chicken-shawarma-oven