Long Livo

Sheet Pan Chicken Shawarma

20 min Prep time	**20 min** Cook time	**40 min** Total time
4 Servings	**Medium** Difficulty	**Mediterranean** Cuisine

Ingredients

Chicken and Marinade

- [ ] 1.5 lbs boneless skinless chicken thighs, cut into 1½ inch cubes
- [ ] 2 tbsp plain Greek yogurt
- [ ] 2 tbsp olive oil (for yogurt mix)
- [ ] 1 tbsp lemon juice
- [ ] 1 tsp paprika
- [ ] 1 tsp ground cumin
- [ ] 1 tsp ground coriander
- [ ] 1 tsp garlic powder
- [ ] ½ tsp ground turmeric
- [ ] ½ tsp cayenne pepper
- [ ] ½ tsp salt
- [ ] ¼ tsp black pepper
- [ ] 1 tsp dried oregano

Sheet Pan Additions

- [ ] 1 lemon, sliced
- [ ] 1 small red onion, cut into wedges
- [ ] 1 tbsp olive oil (for coating sheet pan)

Garlic Sauce

- [ ] ½ cup tahini
- [ ] ¼ cup lemon juice
- [ ] 2 cloves garlic, minced
- [ ] ¼ cup warm water
- [ ] 1 tsp honey
- [ ] pinch salt

Serving and Garnish

- [ ] 1 cup cherry tomatoes, halved (optional garnish)
- [ ] 2 tbsp chopped fresh parsley
- [ ] Flatbread (pita or naan), warmed

Instructions

1. First things first, let's get the oven warming up to 425°F (220°C). While that's heating, take your 9x13 inch sheet pan and give it a light coating of 1 tbsp olive oil, tossing it around so every corner is slick.

2. Now, in a large mixing bowl, whisk together the 2 tbsp plain Greek yogurt, 2 tbsp olive oil (for the rub), 1 tbsp lemon juice, and all those wonderful spices. Honestly, go ahead and taste a bit of the rub; feel free to adjust the salt to your liking.

3. Toss in your cubed chicken thighs and stir it all up until every single piece is cozy and evenly coated in that yogurt-spice mixture. Let it sit and rest for about 5 minutes—just a little bit of time while you get your pan ready.

4. Spread that marinated chicken out on your prepared sheet pan in a single layer. To make it feel like a real feast, arrange the lemon slices and red-onion wedges around the chicken for a lovely aroma while it roasts.

5. Pop it in the oven for 18–20 minutes. Well, look, remember to flip the chicken halfway through so it browns evenly. You're looking for golden brown edges and an internal temperature of 165°F (74°C).

6. While the chicken is doing its thing, let's make the sauce. Whisk together the ½ cup tahini, ¼ cup lemon juice, minced garlic, ¼ cup warm water, honey, and a pinch of salt until it's smooth. If it feels too thick, just add a splash more water.

7. Once the chicken is done, move it over to a serving platter. Now, this is the hard part: let it rest for 5 minutes to lock in those juices. Give your garlic sauce one last taste and add a bit more salt or lemon if you think it needs it.

8. Time to serve! Arrange your chicken with warm flatbread, a generous drizzle of that creamy garlic sauce, and a scatter of fresh cherry tomatoes and parsley. I love serving this with some pickled cucumbers or a simple green salad on the side.

9. Encourage your guests to get hands-on. Show them how to wrap the chicken slices in flatbread with extra sauce, lettuce, tomato, and a little extra squeeze of lemon for a perfect handheld meal.

Nutrition per serving

420 kcal	34 g	18 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- Don't overcrowd the pan or the chicken will steam instead of roast.
- Resting the chicken for 5 minutes is key to keeping it juicy.
- Adjust the honey in the sauce based on how sweet you like your tahini.