






LIAM HOWELLS

PERFORMANCE NUTRITION

Chicken Shawarma

 **Calories: 295**  **Carbs: 20**  **Protein: 31**  **Fat: 10**

SERVINGS: 2

PREPTIME: 5 MIN

COOKING TIME: 10 MIN

Ingredients

- 1 large chicken breast cut into strips
- 1 lemon juice only
- 2 cloves garlic crushed
- 1 tsp paprika
- 1 tsp ground cumin
- 1 tsp all spice
- ½ tsp ground coriander
- 1 pinch chilli flakes
- 1 pinch cinnamon
- 1 tsp salt
- 2 Low Fat White Wraps
- low calorie cooking spray
- 8 cherry tomatoes
- ½ red onion thinly sliced
- 2 handfuls iceberg lettuce finely shredded
- 3 tbsp pickled cabbage

Directions

- Put the chicken strips in a large bowl, then add all the remaining ingredients (apart from the wraps!)
- Spray with low calorie cooking spray, then mix well so that all the chicken pieces are coated. Cover and place in the fridge.
- Preheat the Grill - Turn the grill on, select the chicken programme and then press OK.
- When the light turns blue and the machine beeps, this indicates that it is ready to cook.
- Place the chicken strips on the Grill and close the lid.
- The indicator light will go through a series of colour changes to show the different degrees of cooking. When the indicator turns red and beeps, the chicken is ready.
- Remove the chicken from the grill using tongs.
- To assemble the shawarma, arrange a handful of iceberg lettuce on each wrap and divide the pickled cabbage between the two. Place the chicken on the pickled cabbage, then top with chopped tomatoes and onions.
- Drizzle over some of the yoghurt dressing, roll up the wraps, cut each one in half and serve.