

Helergon Kitchen

Sheet Pan Chicken Shawarma

15 min Prep time	**30 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Main Ingredients

- [ ] 680 g boneless, skin-less chicken thighs, cut into 1 ½ inch pieces
- [ ] 1 cup plain Greek yogurt
- [ ] 3 tablespoons extra-virgin olive oil
- [ ] Juice of 1 lemon (about 2 Tbsp)
- [ ] 4 cloves garlic, minced
- [ ] 2 teaspoons ground cumin
- [ ] 2 teaspoons paprika
- [ ] 1 teaspoon ground coriander
- [ ] 1 teaspoon ground allspice
- [ ] 1 teaspoon ground cardamom
- [ ] 1 teaspoon ground cinnamon
- [ ] ½ teaspoon cayenne pepper
- [ ] 1 teaspoon salt, divided
- [ ] ½ teaspoon freshly ground black pepper
- [ ] 8 small flatbreads (pita or lavash) or 4 whole-wheat tortillas

Garlic Sauce

- [ ] 1 cup plain Greek yogurt
- [ ] 4 cloves garlic, minced
- [ ] 2 Tbsp lemon juice
- [ ] ½ tsp salt
- [ ] ¼ tsp black pepper
- [ ] 2 Tbsp extra-virgin olive oil

Optional Garnish

- [ ] chopped parsley
- [ ] lemon wedges
- [ ] pickled cucumbers

Instructions

1. Start by whisking together your yogurt, olive oil, lemon juice, and minced garlic. Stir in the cumin, paprika, coriander, allspice, cardamom, cinnamon, cayenne, and just half a teaspoon of the salt and pepper. It makes such a lovely, aromatic shawarma spice mix, honestly.

2. Now, gently fold those chicken pieces into the mixture until they're fully coated. Cover the bowl and let it sit in the fridge for at least 30 minutes—though if you have 4 hours, even better—to really let those flavors penetrate the meat.

3. Preheat your oven to 400°F (200°C). Line a sheet pan with foil or parchment paper and give it a light spray or brush of oil so nothing sticks.

4. Arrange the marinated chicken in a single layer on the pan. Well, look, make sure to leave a little space between the pieces; it helps them roast evenly rather than steaming.

5. Roast in the oven for 25–30 minutes. Give the pieces a turn halfway through. You're looking for that beautiful golden brown color and an internal temperature of 165°F (74°C).

6. Remove the pan from the oven and tent the chicken loosely with foil. Just let it rest for about 5 minutes—it keeps the juices in, which is so important.

7. While the chicken is resting, warm your flatbreads. I like using a dry skillet for about 30 seconds per side, or you can just wrap them and pop them in the oven for 2 minutes.

8. To serve, place a few chicken pieces on a plate, drizzle with that creamy homemade garlic sauce, and place the flatbreads on the side. Finish it off with some chopped parsley, lemon wedges, and pickled cucumbers for a bit of zing.

Nutrition per serving

410 kcal	32 g	28 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- Marinating for up to 4 hours significantly deepens the flavor.
- Leaving space between chicken pieces on the pan ensures roasting rather than steaming.
- Resting the meat for 5 minutes ensures the chicken stays juicy.