

HIGH-PROTEIN MEALS

Sheet Pan *Chicken Shawarma*

46 g protein per serving, one pan.

50 min · Serves 4 · 379 kcal per serving · High-protein · Gluten-free

15 min	35 min	50 min	Easy
PREP	COOK	TOTAL	LEVEL

YOU'LL NEED

Rimmed sheet pan · Foil · Large mixing bowl · Small bowl · Cutting board · Chef's knife · Tongs or spatula · Instant-read thermometer

NUTRITION PER SERVING — ESTIMATED

379	46g	12g	16g
KCAL	PROTEIN	CARBS	FAT

Estimated: the sum of USDA FoodData Central values for each ingredient (1515 kcal / 184 g protein / 48 g carbs / 64 g fat, the optional parsley and chili flakes included), divided by 4 servings. 46 g protein is per serving; the whole pan holds about 184 g.

Ingredients FOR 4 SERVINGS

	INGREDIENT	METRIC	IMPERIAL	NOTE
	FOR THE CHICKEN			
☐	Boneless skinless chicken thighs, raw	800 g	28 oz	about 5-6 thighs (1 lb 12 oz)
☐	Olive oil	30 ml	2 tbsp	27 g
☐	Lemon juice	45 ml	3 tbsp	2 tbsp for the chicken, 1 tbsp for the yogurt (about 46 g)
☐	Garlic, minced	18 g	0.6 oz	6 cloves: 5 for the chicken, 1 for the yogurt
☐	Red onion, cut into wedges	200 g	7 oz	1 very large or 2 medium red onions

	INGREDIENT	METRIC	IMPERIAL	NOTE
	SHAWARMA SPICE RUB			
☐	Ground cumin	4 g	2 tsp	
☐	Smoked paprika	7 g	1 tbsp	
☐	Ground coriander	4 g	2 tsp	
☐	Ground turmeric	3 g	1 tsp	
☐	Ground cinnamon	1.3 g	½ tsp	
☐	Cayenne pepper	0.5 g	¼ tsp	optional, for heat
☐	Salt	9 g	1½ tsp	1 tsp in the rub, ½ tsp in the yogurt
	FOR THE GARLIC YOGURT			
☐	Plain nonfat Greek yogurt	200 g	7 oz	about ¾ cup, for the garlic yogurt
	TO FINISH (OPTIONAL)			
☐	Fresh parsley, chopped	8 g	2 tbsp	optional, to finish
☐	Red pepper (chili) flakes	0.5 g	¼ tsp	optional, a pinch to finish

Method

6 STEPS · 50 MIN

1 STEP 1 · Heat the oven

Heat the oven to **220°C (425°F)** with a rack in the upper third. Line a sheet pan with foil (baking paper is fine only if you won't broil).

220°C / 425°F · Oven · 10 min



2 STEP 2 · Mix the spice rub

In a small bowl, stir together the cumin, smoked paprika, coriander, turmeric, cinnamon, cayenne and **1 tsp** of the salt.

Small bowl · 2 min



3 STEP 3 · Season the chicken

Before you touch the chicken, juice the lemon, cut the onion into wedges and mince all 6 garlic cloves; set **1 tbsp** of the juice and 1 clove aside for the yogurt. Pat the chicken thighs dry and put them in a large bowl with the olive oil, **2 tbsp** of the lemon juice and the other 5 cloves of garlic. Add the spice rub and the onion wedges and toss with tongs (or your hands) until everything is evenly coated.

Large mixing bowl · 10 min



4

STEP 4 · Roast

Spread the chicken and onion in a single layer on the lined sheet pan, then wash your hands with soap for **20 seconds** and wash the bowl and tongs (use clean tongs or a clean spoon to serve). Roast for **25–30 minutes**, until the edges are charred and the thickest thigh reads **74°C (165°F)** on an instant-read thermometer. For deeper char, broil the last **3–5 minutes** (on foil only, never baking paper).

220°C / 425°F · Rimmed sheet pan · 25–30 min



5

STEP 5 · Garlic yogurt

While it roasts, with clean hands and a clean spoon, stir the Greek yogurt with the garlic clove and **1 tbsp** of lemon juice you set aside and **½ tsp** salt in a small bowl. Keep it in the fridge until you serve.

Small bowl · 2 min



6

STEP 6 · Rest and finish

Rest the chicken on the pan for **3 minutes**, then slice the thighs into strips on a clean board with a clean knife and put them back on the pan. Spoon the garlic yogurt over the top, scatter over the parsley and chili flakes if you like, and serve straight from the pan.

Rimmed sheet pan · 3 min



Good to know

FOOD SAFETY

- Cook the chicken until the thickest thigh reaches **74°C** / **165°F** on an instant-read thermometer (all poultry: FDA; University of Nebraska-Lincoln Extension). Colour and juices alone are not a reliable sign.
- Juice the lemon, cut the onion and mince the garlic before you touch the raw chicken, and set the yogurt's juice and garlic aside. Once the chicken is on the pan, wash your hands with soap and warm water for **20 seconds** and wash the bowl and tongs in hot soapy water (FDA). Use a clean board, knife and spoon for the cooked chicken and the yogurt, and never reuse the seasoning the raw chicken sat in.
- Marinate only in the fridge (FDA). Keep the Greek yogurt chilled; don't leave the finished dish at room temperature for more than **2 hours (1 hour above 32°C / 90°F)** (FDA).

STORAGE

Refrigerate leftovers within 2 hours (1 hour above 32 °C / 90 °F) in a sealed container at 4 °C / 40 °F or below (FDA), with the garlic yogurt in a separate tub, and eat them within 3 days. Reheat the chicken until steaming hot, 74 °C / 165 °F (FDA).

TIPS

- No time to marinate? The rub works straight away, but 30 minutes (or overnight) covered in the fridge makes it taste even better; that adds the marinating time to the 50 minutes.
- For deeper char, slide the pan under the broiler for the last 3-5 minutes and watch it closely: on foil only, never baking paper.
- Prefer chicken breast? It works, but cooks faster: start checking for 74°C / 165°F at about 18 minutes.

ALLERGENS

Contains: Milk.

Check the labels of what you buy: brands differ.



ENJOY

Save this for an easy high-protein dinner

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Nutrition values are estimates from standard reference data, not lab measurements.