

Chicken Shawarma

How to make homemade chicken shawarma in the oven or on the grill.

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PREP TIME
10 mins


COOK TIME
1 hr

TOTAL TIME
2 hrs 10 mins


COURSE
Main Course


KOSHER KEY
Meat

 Adjust Total Servings 6 entree portions

INGREDIENTS

- 1 lb boneless skinless chicken breasts (2 large breasts)
- 1 lb boneless skinless chicken thighs (4 large thighs)
- 6 tbsp extra virgin olive oil divided
- 2 tsp cumin
- 2 tsp paprika
- 1 tsp allspice
- 3/4 tsp turmeric
- 1/4 tsp garlic powder
- 1/4 tsp cinnamon
- 1 pinch cayenne
- Salt and black pepper
- Nonstick cooking oil spray

You will also need

- Grill or baking sheet, tongs, skillet, spatula, plastic wrap.

INSTRUCTIONS

Prepare Marinade

1. Slice the chicken breasts into 5-6 pieces each and the thighs into 3-4 pieces each. Place them in a marinating dish or large plastic zipper bag.
2. In a small bowl, whisk together 1/4 cup olive oil, the spices, 3/4 tsp salt and 1/4 tsp black pepper (if you are salt sensitive, use 1/2 tsp of salt). Pour the spice marinade over the chicken pieces. Stir with a spoon till all the chicken pieces are evenly coated in the marinade.

Cover the marinating dish with plastic wrap, or close the zipper bag. Place chicken in the refrigerator and let it marinate at least 1 hour, up to overnight.

Oven Cooking Method

1. Preheat oven to 400 degrees F. Spray the baking sheet with nonstick cooking oil. Place the chicken pieces on the sheet, evenly spaced.
2. Place the chicken in the oven. Let it roast for about 15 minutes until cooked through, turning the chicken pieces once with tongs halfway through cooking.
3. Take chicken out of the oven and let it cool slightly. Use a sharp knife to slice the meat into small, thin shawarma-like pieces.
4. Heat 1 tbsp of oil in a skillet on the stovetop over medium. Pour half of the chicken into the skillet and saute for 3-4 minutes till the smallest pieces of chicken turn brown and crisp. Season with additional salt and pepper to taste, if desired.
5. Remove the cooked chicken from the skillet. Heat another 1 tbsp of oil and saute the remaining chicken in the same way. Serve warm.

Grill Cooking Method

1. Spray the grill with nonstick cooking oil and preheat to medium heat. Thread the marinated chicken pieces onto wooden skewers.
2. Cook the chicken for about 20 minutes, giving a quarter turn every 5 minutes, until cooked through (slice into the thickest piece of meat to check for doneness).
3. Let the chicken cool slightly, then remove it from the skewers. Use a sharp knife to slice the meat into small, thin shawarma-like pieces.
4. Heat 1 tbsp of oil in a skillet on the stovetop over medium. Pour half of the chicken into the skillet and saute for 3-4 minutes till the smallest pieces of chicken turn brown and crisp. Season with additional salt and pepper to taste, if desired. Remove the cooked chicken from the skillet. Heat another 1 tbsp of oil and saute the remaining chicken in the same way.
5. Serve warm. Goes great with [toum](#) - a creamy Middle Eastern garlic sauce - or [tahini sauce](#). It also makes a great pita bread sandwich, garnished with cucumbers, tomato, lettuce, red onions, and Middle Eastern pickles.

NUTRITION

Nutrition Facts

Chicken Shawarma

Amount Per Serving

Calories 406 Calories from Fat 239

% Daily Value*

Fat 26.5g	41%
Saturated Fat 5.4g	34%
Cholesterol 124mg	41%
Sodium 139mg	6%
Potassium 395mg	11%
Carbohydrates 1.3g	0%
Fiber 0.5g	2%
Sugar 0.1g	0%
Protein 39.7g	79%
Vitamin A 800IU	16%
Vitamin C 0.8mg	1%
Calcium 20mg	2%
Iron 2.7mg	15%

* Percent Daily Values are based on a 2000 calorie diet.

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4.9 from 313 votes

Nutritional information should be considered an estimate only; please consult a registered dietician, nutritionist, or your physician for specific health-related questions. Read more [here](#). Please note that the recipe above is published using a recipe card plugin, with preexisting software which can auto-calculate metric measurements, as well as change the number of servings. Metric conversions and changes to the number of servings (resulting in different ingredient amounts) will only appear in the ingredient list, and are not changed within the step-by-step directions of the recipe.

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