

Treasure Barrel

Chicken Shawarma Wrap with Garlic Sauce Recipe

20 min Prep time	**15 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Middle Eastern** Cuisine

Ingredients

For the Chicken Shawarma

- [ ] 1.5 lbs boneless, skinless chicken thighs, sliced into thin strips
- [ ] 1/2 cup full-fat plain Greek yogurt
- [ ] 1/4 cup olive oil
- [ ] 1/4 cup fresh lemon juice
- [ ] 4 cloves garlic, minced
- [ ] 1 tbsp smoked paprika
- [ ] 2 tsp ground cumin
- [ ] 1 tsp ground coriander
- [ ] 1 tsp turmeric powder
- [ ] 1/2 tsp ground cinnamon
- [ ] 1/2 tsp black pepper
- [ ] 1.5 tsp salt

For the Creamy Garlic Sauce & Assembly

- [ ] 1 cup full-fat plain Greek yogurt
- [ ] 3-4 cloves garlic, minced or grated
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tbsp olive oil
- [ ] Salt to taste
- [ ] 4 large flatbreads or pita breads
- [ ] Optional toppings: shredded lettuce, sliced tomatoes, thinly sliced red onion, pickles

Instructions

1. First, let's get the chicken marinating. This is the most important step for flavor, so give it a little time and love. In a medium-sized bowl, whisk together the Greek yogurt, olive oil, lemon juice, minced garlic, and all of the spices—paprika, cumin, coriander, turmeric, cinnamon, salt, and pepper. The color will be this gorgeous, deep reddish-orange. Add the sliced chicken thighs to the bowl and use your hands or a spoon to make sure every single piece is completely coated. Cover the bowl tightly and place it in the refrigerator for at least 30 minutes, but ideally for 4-6 hours if you have the time. This waiting period is crucial, kind of like letting a chocolate chip banana bread cool before slicing.

2. While the chicken is having its flavor bath, you can whip up the dreamy garlic sauce. This part is so quick and rewarding. In a separate small bowl, combine the Greek yogurt for the sauce, the freshly minced or grated garlic, lemon juice, and olive oil. Whisk everything together until it's wonderfully smooth and creamy. Season it with a pinch of salt, give it a taste, and adjust if you think it needs more lemon or garlic. Cover the sauce and pop it in the fridge to chill while the chicken finishes marinating. This resting time helps the flavors to meld together beautifully.

3 Once you're ready to cook, heat a tablespoon of olive oil in a large skillet or cast-iron pan over medium-high heat. You want the pan to be nice and hot before you add the chicken. Carefully place the marinated chicken strips in the pan in a single layer—be sure not to overcrowd it, or the chicken will steam instead of sear. You may need to cook it in two batches. Let the chicken cook for about 3-4 minutes per side, without moving it too much, until it's deeply golden brown and cooked through with delicious crispy edges. The smell in your kitchen right now should be just, wow.

4 Now for the best part: assembly. Warm your flatbreads or pitas for a few moments in a dry pan or the microwave to make them soft and pliable. Lay a flatbread down and spread a generous layer of your homemade garlic sauce right down the middle. Top with a hearty portion of the warm, sizzling chicken shawarma. Then, pile on your favorite fresh toppings—I love crisp lettuce, juicy tomatoes, and sharp red onion. Fold the bottom of the wrap up, then fold in the sides to create a snug little package. Serve immediately and enjoy every single incredible bite.

Nutrition per serving

580 kcal	38 g	45 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- The key to getting that authentic shawarma flavor and texture is achieving a good char on the chicken. Don't be afraid to let it get some dark, crispy bits in the pan. Those little caramelized spots are where so much of the delicious, smoky flavor lives.
- Feel free to customize the garlic sauce to your personal taste. If you're a true garlic lover, add an extra clove! If you prefer a milder flavor, you can start with two cloves and add more after tasting. The sauce is your canvas.
- This chicken is incredibly versatile. If you have leftovers or don't want to make wraps, it's absolutely delicious served over a bed of rice to make a shawarma bowl, or on top of a fresh green salad for a lighter meal. It's just as comforting as my simple banana bread, but in a savory way.