

Treasure Barrel

Sheet Pan Chicken Shawarma

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Medium** Difficulty	**Mediterranean** Cuisine

Ingredients

Chicken and Vegetables

- [ ] 2 lbs (907g) boneless skinless chicken thighs, cut into 1 ½-inch strips
- [ ] 3 tablespoons olive oil
- [ ] 2 tablespoons fresh lemon juice
- [ ] 2 teaspoons ground cumin
- [ ] 2 teaspoons smoked paprika
- [ ] 1 teaspoon ground coriander
- [ ] 1 teaspoon ground turmeric
- [ ] 1 teaspoon ground cinnamon
- [ ] 1 teaspoon cayenne pepper
- [ ] 1 teaspoon garlic powder
- [ ] ½ teaspoon salt
- [ ] ½ teaspoon black pepper
- [ ] 1 red bell pepper, cut into strips
- [ ] 1 medium red onion, sliced into rings
- [ ] 1 small zucchini, sliced into rounds

Garlic-Yogurt Sauce

- [ ] 1 cup plain Greek yogurt
- [ ] 1 garlic clove, minced
- [ ] 1 tablespoon chopped fresh parsley
- [ ] 1 tablespoon chopped fresh cilantro
- [ ] ¼ teaspoon ground sumac (optional)
- [ ] Salt, to taste

For Serving

- [ ] Pita or lavash flatbread, warmed
- [ ] Chopped fresh parsley or cilantro for garnish

Instructions

1. Start by whisking together ½ cup plain Greek yogurt, minced garlic, lemon juice, parsley, cilantro, and a pinch of salt in a small bowl. I like to get this done first; just cover it and let it chill in the fridge while you handle the chicken. It gives the flavors a moment to get to know each other.

2. In a separate bowl, mix 2 Tbs olive oil, 2 Tbs fresh lemon juice, ground cumin, smoked paprika, coriander, turmeric, cinnamon, cayenne pepper, garlic powder, salt, and pepper. You'll end up with this wonderfully fragrant shawarma spice paste. Honestly, the smell alone is enough to make you hungry.

3. Rinse your chicken thighs and pat them dry—it's a small step, but it helps. Slice each thigh into 1 ½-inch thick strips and pop them into a large mixing bowl.

4. Pour that aromatic spice paste over your chicken strips and toss them well until every single piece is coated. Now, just let it marinate for at least 10 minutes. If you've got the time, 2 hours is even better, though I know we're often in a rush.

5. Preheat your oven to 450 °F (232 °C). Line a large sheet pan with parchment paper or aluminum foil to save yourself from a scrubbing nightmare later. Spread the marinated chicken out in a single layer, making sure there's a little breathing room between the pieces.

6. Tuck your sliced onions, bell pepper strips, and zucchini rounds in around the chicken on the pan. It looks like a little rainbow of vegetables.

7. Slide the pan into the oven and roast for 20 minutes. Then, carefully pull it out to flip the chicken and give the vegetables a little stir so everything cooks evenly.

8. Put it back in for another 7–10 minutes. You're looking for the chicken to reach an internal temperature of 165 °F (74 °C) and for the vegetables to get tender and just a bit caramelized on the edges.

9. Take the pan out and let the chicken rest for 5 minutes—don't skip this, it keeps the juices inside. While it rests, warm up your pita or lavash flatbread in a dry skillet or toaster oven.

10. Finally, serve your sheet pan chicken shawarma with that chilled garlic-yogurt sauce on the side. Scatter some fresh parsley or cilantro on top, and you're all set.

Nutrition per serving

420 kcal	38 g	18 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- Parchment paper is a lifesaver for easy cleanup with these spices.
- Letting the chicken rest for 5 minutes ensures the meat stays juicy.
- Warming the flatbread right before serving makes a world of difference in the experience.