

Takeaway Chicken Kebab

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/takeaway-turkish-chicken-kebab-recipe>

Ingredients:

- 4 skinless, boneless chicken thighs or 3 breasts
- 9/16 pound fat free greek yogurt or full fat if preferred
- 1 tablespoon olive oil
- 1 lemon zest and juice
- 3 cloves garlic crushed
- 1 teaspoon ground coriander
- 1 teaspoon turmeric
- 1/2 teaspoon cinnamon
- salt
- black pepper
- 2 pitta bread
- 1/2 lettuce thinly sliced
- 1/2 white cabbage or Red, thinly sliced
- 1 white onion or Red, thinly sliced
- 1/2 cucumber sliced
- 1 carrot Julienne cut or grated.
- 2 teaspoons olive oil
- lemon squeeze

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 70 milligrams
4. Fat: 9 grams
5. Fiber: 8 grams
6. Protein: 29 grams
7. SaturatedFat: 2 grams
8. Sodium: 530 milligrams
9. Sugar: 3 grams

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