

DINNER

Good Karma Schawarma

5 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
810 min	30 min	780 min	8	\$3.29	499 kcal



The recipe Good Karma Schawarma can be made in about 13 hours and 30 minutes. One serving contains 499 calories, 54g of protein, and 18g of fat. For \$3.29 per serving, this recipe covers 41% of your daily requirements of vitamins and minerals. This recipe serves 8.

Ingredients

- ☐ 1 tablespoon freshly ground black pepper
- ☐ 1 In a medium bowl, mix all ingredients together well. Refrigerate at least hour
- ☐ 1 teaspoon fresh sage
- ☐ ¼ cup minced garlic
- ☐ 1 cup Greek yogurt
- ☐ 1 tablespoon lemon juice
- ☐ ¾ cup minced onion
- ☐ 1 teaspoon freshly ground black pepper
- ☐ ½ English cucumber, chopped into 1/4-inch dice
- ☐ ½ cup frozen spinach, thawed and chopped
- ☐ 3 tablespoons minced garlic
- ☐ 1½ tablespoons ground cumin
- ☐ ¼ cup freshly minced mint leaves
- ☐ 2 tablespoons chopped fresh oregano leaves

☐ 4 tablespoons freshly chopped parsley leaves

☐ 1 tablespoon red chili flakes

☐ 1 cup roasted red bell peppers, cut into strips

☐ 2 tablespoons salt

☐ 1 cup water

☐ 2 cups plain yogurt

☐ ¼ cup red wine vinegar

☐ 1 teaspoon salt

☐ 1 cup sour cream

☐ 1½ cups whole-wheat flour, plus extra for kneading and rolling out dough

☐ 4 pounds boneless, skinless chicken thighs, cut or pounded 1/8-inch thick

EQUIPMENT Bowl, Frying pan, Baking sheet, Oven, Wire rack, Wooden spoon, Kitchen thermometer, Aluminum foil, Rolling pin, Cutting board

Method

- 1 Special equipment: 8 by 12 by 4-inch aluminum tray
- 2 In a large bowl, combine yogurt with garlic, onion, vinegar, parsley, oregano, salt, cumin pepper, red chili flakes, and sage.
- 3 Add chicken and marinate in the refrigerator for 12 to 24 hours.
- 4 Preheat oven to 350 degrees F with oven rack in center.
- 5 Fit a 9 by 13-inch baking sheet with a cooling rack.
- 6 Remove chicken from marinade, taking off excess marinade.
- 7 Place meat randomly on top of each other on the aluminum foil tray, creating 1-inch of meat.
- 8 Add spinach, spreading evenly, and repeat with another 1-inch layer of meat.
- 9 Add a layer of red bell peppers, and finish by covering with another inch of meat.
- 10 Press layers firmly together.
- 11 Remove foil tray with chicken to the baking sheet. Poke holes in bottom of foil to allow excess liquid to drain.
- 12 Bake in center of oven
- 13 for 45 minutes until chicken is firm and holds together.

- 14 Cut corners of tray and push the sides of foil down, to expose meat to brown. Continue to cook for another 30 minutes or until the meat registers an internal temperature of 165 degrees F. using an instant-read thermometer.
- 15 Let rest for 10 minutes.
- 16 Remove Schawarma to a cutting board, discarding foil. Slice into 1/2-inch thick pieces.
- 17 Serve sandwiched in flatbread and drizzled with Tzatziki Sauce.
- 18 In a medium bowl, combine flour and salt. Using a wooden spoon, slowly stir in water, until dough forms. Lightly flour a clean board and knead dough until smooth, about 10 minutes. Rest dough in bowl, covered with damp towel for 20 minutes.
- 19 Preheat a griddle over medium heat.
- 20 Divide dough into 8 equal balls. Using a rolling pin, roll balls out on floured board to 7 inches in diameter, about 1/4-inch thick.
- 21 Place the rolled out dough onto griddle. Flip when raised bumps appear on the surface of the dough, about 1 to 2 minutes. Cook second side until it turns golden. Do not cook too long or flatbread will become brittle. Cover flatbread with a towel up to 20 minutes before serving.

Nutrition per serving

	499 KCAL	54 g PROTEIN	18 g FAT	30 g CARBS
Saturated Fat				6.8 g · 42% of daily needs
Fibre				4.9 g · 19% of daily needs
Sugar				6.1 g · 7% of daily needs
Sodium				2,555 mg · 111% of daily needs
Cholesterol				242 mg · 81% of daily needs
Vitamin C				17.1 mg · 21% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/good-karma-schawarma-148098