

HOMEMADE 'KAPSALON' WITH 2 SAUCE

2 persons / 568 kcal per serving

Ingredients:

- CêlaVita Grandma's Baked Potatoes (450 grams)
- ½ onion
- 1 green pepper
- 200 grams chicken thigh fillet
- 1 clove of garlic
- 1 teaspoon shawarma spices or oriental spices chicken
- 1 tablespoon oil
- 75 grams iceberg lettuce
- 2 tablespoons grated mild cheese
- ¼ cucumber
- 3 tablespoons Greek yogurt
- ¼ tablespoon sambal
- 3 tablespoons tomato ketchup



Preparation:

Chop the onion. Finely chop 1 clove of garlic. Cut the bell pepper into small strips. Grate the cucumber and drain in a sieve. Cut the chicken into small pieces. Mix the chicken meat with half of the garlic, 1 tablespoon of oil and the herbs. Marinate at refrigerator temperature for at least 15 minutes. Meanwhile, mix the cucumber with the Greek yogurt and ½ clove of garlic. Season the sauce with salt and pepper and keep it refrigerated. Bake the potatoes in the Air fryer at 175 ° C for 20 minutes. Shake to halfway through. Heat a frying pan and fry the chicken pieces brown and cooked for about 10 minutes. After about 5 minutes, add the onion and pepper and fry. For the red sauce, stir the sambal into the tomato ketchup. Meanwhile, preheat the grill. Divide the potatoes into 2 bowls. Spoon the warm meat with vegetables on top and sprinkle the cheese on top. Place under the grill for ± 3 minutes. Place the lettuce on top. Serve with the yogurt cucumber sauce and the spicy tomato sauce.

Nutritional value per portion:

Energy:	568 kcal
Protein:	29.2 grams
Carbohydrates:	51.1 grams
- including sugars:	11.8 grams
Fat:	25.8 grams
Fiber:	5.4 grams
Salt:	1.0 grams