

SHAWARMA WITH BELL PEPPER AND FRIES

2 persons / 585 kcal per person

Ingredients:

- 200 grams of shawarma strips
- 1 onion
- 35 grams of tomato puree
- 35 grams of water
- 2 bell peppers
- 130 grams of chickpeas (drained weight)
- 300 grams of oven fries
- ½ tablespoon of olive oil
- pepper and salt



Preparation:

Preheat the oven to 200 °C. Chop the onion and cut the bell peppers into strips. Heat a frying pan and fry the onion for 3 minutes. Add the shawarma strips and fry for 2 minutes. Add the tomato puree and fry it for 1 minute. Add the water, paprika and chickpeas and mix well. Season with salt and pepper. Transfer the mixture to a baking dish and cover with the frozen oven fries. Drizzle with the oil and fry for about 30 minutes until the chips are golden brown.

Nutritional value per person:

Energy:	585 kcal
Protein:	29.2 grams
Carbohydrates:	58.7 grams
- including sugars:	10.1 grams
Fat:	17.6 grams
Fiber:	12.2 grams
Salt:	2.0 grams