

PILAF WITH SHAWARMA AND TOMATO

2 persons / 596 kcal per person

Ingredients:

- ½ teaspoon of cumin seeds
- ½ teaspoon of cardamom powder
- 1 tablespoon of olive oil
- 1½ onion
- ½ chicken stock tablet
- 35 grams of tomato paste
- 150 grams of basmati rice
- 2 tomatoes
- 200 grams of chicken thigh strips of shawarma
- 2 tablespoons of Greek yogurt
- pepper and salt



Preparation:

Chop a ½ onion and cut the other onion into thin half rings. Remove the seeds from the tomatoes and cut into small cubes. Roast the cumin seeds and cardamom powder in a dry skillet for 1-2 minutes over high heat, shaking the pan. Add ½ tablespoon of olive oil and the chopped onion and fry for 5 minutes. Meanwhile, dissolve the ½ chicken stock tablet in 335 ml of boiling water and set aside. Add the tomato paste and basmati rice to the skillet and fry stirring for 1 minute. Pour in the stock and stir in the tomato cubes. Bring to a boil and turn down the heat. Cook the rice for about 10 minutes, until the rice is cooked through and the stock is absorbed. Put a lid on the pan and let it evaporate for 10 minutes (away from the heat). Meanwhile, pour the rest of the olive oil into a frying pan and fry the half onion rings over high heat for 5 minutes. Add the shawarma meat, turn the heat to medium-high and fry the meat for 5 minutes until done and the onion rings brown. Stir the pilaf, taste and season with salt and pepper. Divide the pilaf over plates. Serve the shawarma meat and the onion rings on the pilaf with a spoonful of Greek yogurt.

Nutritional value per portion:

Energy:	596 kcal
Protein:	25.1 grams
Carbohydrates:	69.8 grams
- including sugars:	10.5 grams
Fat:	21.7 grams
Fiber:	6.4 grams
Salt:	2.2 grams