

Chicken Shawarma Bowl



I love how this bowl comes together with minimal fuss: smoky, lemony chicken thighs broiled in one skillet, a quick cucumber-tomato-olive salad for freshness, and creamy hummus plus garlic mayo over rice. It's balanced, satisfying, and approved by our dietitians, who love meals that mix protein, fiber, and good fats. Great for [meal prep](#) or a cozy dinner.

Preparation 10 min

Cooking 20 min

Servings 2

Nutrition Facts (per serving)

Calories 575

Fat 35

Carbohydrates 35

Fibre 3

Protein 30

Sodium 400

Ingredients

Chicken:

- 4 small chicken thighs (or 2 large)
- 15 ml (1 tbsp) olive oil

- 10 ml (2 tsp) smoked paprika
- Juice of ½ lemon (30 ml / 2 tbsp)
- 1.5 ml (¼ tsp) cumin
- Salt, to taste

Other ingredients:

- 125 ml (½ cup) diced cucumber
- 125 ml (½ cup) diced tomatoes
- 6 kalamata olives
- 10 ml (2 tsp) olive oil
- Pepper and salt, to taste
- 250 ml (1 cup) cooked rice
- 60 ml (4 tbsp) hummus
- 30 ml (2 tbsp) garlic mayo (or tzatziki)
- Thinly sliced onion, to taste
- Fresh parsley, to taste

Preparation

1. Preheat the oven to broil.
2. In an oven-safe skillet, combine chicken with olive oil, paprika, lemon juice, cumin, and salt. Broil 20 to 25 minutes, turning halfway through, until the internal temperature reaches 165°F (74°C).
3. Meanwhile, in another bowl, combine cucumber, tomatoes, olives, olive oil. Season to taste.
4. Divide rice, vegetable mixture, chicken, hummus, garlic mayo and onion evenly between two bowls. Top with parsley and serve.

Notes

Keeps for 4 days in the refrigerator. Do not freeze.



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