



Body

Mind

Recovery

Nutrition

## Oven Roasted Chicken Shawarma

Dairy Free

Gluten Free

Meal Prep/Freezer Friendly

Nut Free

Low Carb

High Protein

Serves  
6

Prep Time  
0 minutes

Cook Time  
40 minutes



### Ingredients

- 2 lemons, juiced
- ¼ cup (60 ml) + 1 tbsp olive oil
- 6 cloves garlic, minced
- 2 tsp ground cumin
- 2 tsp ground paprika
- ½ tsp turmeric
- pinch ground cinnamon
- chili flakes, to taste
- 2 lbs (900 g) chicken legs
- 1 red onion, peeled, quartered
- 2 tbsp fresh parsley, chopped

Nutrition (Per Serving)



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## Instru

1. In large bowl, prepare marinade by combining lemon juice, 1/2 cup olive oil, garlic, salt, pepper, cumin, paprika, turmeric, cinnamon, and chili flakes. Whisk to combine. Add chicken and toss well to coat. Cover and store in refrigerator for at least 1 hour (or up to 12 hours).
2. Heat oven to 425°F (220°C). Grease roasting tin with 1 tablespoon olive oil. Add quartered onion to chicken and marinade.
3. Once oven is ready, remove chicken and onion from marinade and place in roasting tin. Roast until golden and cooked through, approximately 30 to 40 minutes. Remove from oven, let rest for 5 minutes, then shred chicken into pieces.
4. Garnish chicken with parsley on top to serve.