

Chicken Shawarma

Total Cook Time: 1 hour

Contains raw meat, cook thoroughly

Cook from Frozen

Meals are 3-4 servings

*For 6-8 servings, cook 2 meals in the same pot and use the cooking instructions in the parentheses

Prepare with (aka ingredients needed to prepare meal):

- Flatbread or pita bread
- Optional toppings and garnishes: cabbage or lettuce, tomatoes, pickles, pepperoncini peppers, cucumbers, onions, olives, cooked french fries, garlic aioli, sriracha sauce

Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 1/3 cup (1/3 cup)* of hot water.
2. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 15 minutes.
3. When pressure cooking is complete, use a natural release.
4. Move meat to a cutting board and shred or slice into thin strips. Add meat back to juices in pot.
5. To serve, place chicken on top of flat bread or pita and fill with desired toppings.

Slow Cooker Cooking Directions:

1. Thaw meal completely in fridge. Add the said amount of liquid above. Cover and cook on LOW for 4-5 hours or HIGH for 2-3 hours, until the chicken reaches an internal temperature of 165 degrees. Continue with steps 4-5.

Grilling Directions

1. Take meal out of the freezer the evening before or morning of the day you want to cook it. Let it thaw and marinate in the fridge until dinner time. Preheat grill. Place meat on grill and cook until the chicken reaches an internal temperature of 165 degrees. Continue with step 5.

Leftover Suggestions:

- Mediterranean salad with desired toppings and dressing
- Serve over rice with desired toppings

Notes:

- This is the ultimate versatile meat! Serve it as suggested above, use it for taco night, or enjoy it alongside a baked potato. This chicken is sure to become a family favorite!

Nutrition Facts

4 servings per container

Serving size
1/2 cup (150g)

Calories per serving **130**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 1.5g	2%	Total Carbohydrate 2g	1%
Saturated Fat 0g	0%	Dietary Fiber 0g	0%
Trans Fat 0g		Total Sugars 0g	
Cholesterol 95mg	32%	Includes 0g Added Sugars	0%
Sodium 840mg	37%	Protein 29g	

Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 0.8mg 4% • Potassium 40mg 0%
Vitamin A 90mcg 10% • Vitamin C 1mg 2%

INGREDIENTS: CHICKEN, LEMON JUICE, SALT, GARLIC, SPICE, PAPRIKA

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

