Cooking Thyme with Stacie

SHARING THE JOY OF COOKING & HOSPITALITY

Lite and Tasty Mediterranean Dinner

Wednesday April 27, 2022
5 – 6:30 pm EST

- Menu –
Chicken Shawarma Sheet Pan Dinner
With Roasted Cauliflower Rice & Vegetables
Cilantro Feta Sauce
Homemade Hummus with Pita Points

To access the class video cut and paste the following link in to your browser:
www.cookingthymewithstacie.com/video-class-purchase/ltchishw

Shopping List

Dairy

- ½ cup mayo or you may substitute Greek yogurt
- 2 TB feta cheese

Pantry

- ½ cup plus 2 TB olive oil
- 2 cups garbanzo beans, drained (1, 15-ounce can)
- Pine nuts for garnish

Produce

- Two lemons
- Head of garlic
- 1 yellow onion
- 1 red or yellow bell pepper
- 3 cups prepared riced cauliflower (fresh or frozen) – *(You can make the rice with me, purchase whole head of cauliflower!!)*
- 1 bunch fresh cilantro
- 1 lime
- ½ English cucumber, diced
- 1 cup cherry tomatoes, halved
- 1 bag salad greens (or 1 head of Romaine lettuce, chopped)

Protein

- 4 boneless, skinless chicken breasts

Spices

- 1 TSP sumac (Easy to Substitute – Zest from 1 additional lemon)
- 1 TSP Kosher salt
- 3 TSP cumin
- 1 TSP black pepper
- 2 TSP smoked paprika
- 1 TSP turmeric
- 1 TSP red pepper flakes
- 1 TSP cinnamon

Specialty

- 1 package pita bread (to serve with hummus)

Equipment List

Baking

- Large rimmed baking sheet

Electric

- Food processor

Utensils

- Chef's knife
- Cutting board
- Measuring cups and spoons
- Mixing bowls, various
- Foil or parchment paper
- Plastic wrap
- Spatula

Mis en Place

The French culinary term for “everything in its place”

In order to have a smooth cooking experience, I recommend that you retrieve all the equipment you will need for the class before we begin. In addition, if you have time, group your ingredients by recipe. Most chefs place their components on sheet pans – this is ideal if you have the room.

- Pull out all ingredients
- You can marinate your 4 chicken breasts ahead, if desired
- Drain and rinse garbanzo beans

Chicken Shawarma Sheet Pan Dinner

Chicken Marinade

Zest and juice from one lemon
¼ cup olive oil
1 TSP sumac (Substitute – Zest from 1 additional lemon)
1 TSP Kosher salt
2 TSP cumin
1 TSP black pepper
2 TSP smoked paprika
1 TSP turmeric
1 TSP red pepper flakes
1 TSP cinnamon
4 cloves of garlic, minced

4 boneless, skinless chicken breasts
1 yellow onion, sliced
1 red or yellow bell pepper, seeds removed and sliced
3 cups riced cauliflower (frozen or fresh)
½ English cucumber, diced (for garnish)
1 cup cherry tomatoes, halved (for garnish)
1 bag mixed salad greens

In a large bowl, prepare the chicken marinade combining all the ingredients with a whisk. Add the chicken breasts and turn to coat. Cover the bowl with plastic wrap and marinate at least one hour, but up to four hours in advance. *(If you are in a hurry, you can marinate the chicken for a bit less time, 30 minutes to get flavor penetration.)*
**Cooking tip – if you marinate your chicken in the refrigerator, it is always best to remove it 30 minutes before roasting and bring it up to room temperature.

Preheat the oven to 425˚ F.

When ready to bake, remove the chicken and place on a parchment OR foil lined rimmed baking sheet (When you line your baking sheet, the clean-up is quicker!)

Add the sliced yellow onion and bell pepper next to the chicken. Drizzle 1 TB over the vegetables and season lightly with salt and pepper, spread in an even layer.

Roast the chicken and vegetables for 15 minutes. Remove the sheet pan and stir the vegetables. Push them closer to the chicken and add the “rice”. Drizzle 1 – 2 TB olive oil over the rice and gently toss.

Place back in the oven for another 15 – 20 minutes or until a meat thermometer registers, 160 – 165˚ F.

Remove from the oven and let chicken rest for 5 minutes.

For serving:
You have a few options.

Option 1: Shawarma Bowl – Place mixed greens on the bottom of a bowl and top with sliced Chicken Shawarma, Cauliflower Rice, Roasted Veggies, chopped cucumbers and halved cherry tomatoes and drizzle with Cilantro Feta Sauce.

Option 2: Shawarma Dinner – Serve the chicken breast over the “rice” with veggies on the sides. Drizzle the chicken with sauce.

Option 3: Take to work lunch – Pack up the leftovers and eat cold or room temperature as a salad or place the chicken in a pita and make a delicious wrap, using the sauce as a dip.

Hummus

Makes 2 cups

2 cups garbanzo beans, drained (1, 15-ounce can)
2 TB warm water
¼ cup olive oil
Juice of 1 lemon
1-2 cloves of garlic, minced
½ TSP Kosher salt
1 TSP ground cumin
Freshly ground pepper to taste
Pine nuts for garnish
Dash of paprika for garnish
Pita bread for serving

First, I remove the skins from the garbanzo beans to have a smoother texture. Squeeze then off by placing the bean between your thumb and finer and gently squeezing to remove the outer skin. (You can skip this step if you desire. I have a Vitamix. It is so powerful; I do not need to remove the skins to get a very smooth texture.)

In a blender or food processor, combine the beans, warm water, olive oil and lemon juice. Pulse until smooth. Add the garlic, salt, cumin and pepper until well combined. Place in a small container and chill until ready to serve.

To serve spread evenly on a plate and drizzle with olive oil and sprinkle with pine nuts if desired.

Serve with pita bread.

**Cooking Tip – many recipes for hummus call for TAHINI, a sesame seed paste. If you like this flavor you may add 1 – 2 TB of tahini to the above recipe. I do not add it to my recipe – I do not miss it. I hate for you to buy an ingredient for that small of a quantity and not use the rest, but if this is a product you use frequently, please add it.

Fresh Cauliflower Rice

Makes 6 cups

1 head (2 – 2.5 lbs.) cauliflower
2 TB olive oil
Salt and pepper to taste

Rinse and dry the cauliflower. Remove the stem. Cut up the cauliflower into small florets. Place ½ the florets in the food processor and pulse until it is the desired size. Remove to a bowl and process the remaining florets.

Place on 2 sheet pans drizzle with 2 TB olive oil and season with salt and pepper and roast for 15 minutes at 425˚, stir halfway through cooking.

**Cooking Tip – riced cauliflower lasts 2 - 3 days raw, 4 days once it is cooked. You can freeze it, but you need to cook it first! Freeze the rice up to 1 month in an airtight container.

Cilantro Feta Sauce

½ cup mayo (you may substitute Greek yogurt)
¼ cup cilantro, chopped finely
Zest and juice from 1 lime
1 garlic clove, minced
2 TB feta cheese crumbled

Combine all the ingredients in a small food processor until smooth and creamy. Refrigerate until ready to serve.