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Crispy chicken shish wrap

A delicious and crispy chicken shish wrap recipe. This recipe features marinated chicken, fresh salad, and a creamy garlic sauce, all wrapped in soft pita bread and pan-fried to perfection.



6 servings · Prep 20 min · Cook 25 min

> **Cooking notes**
>
> For an extra crispy finish, lightly brush the outside of each wrap with olive oil and pan-fry seam-side down until golden brown and crispy. Ensure the chicken is cooked through before assembling the wraps. Serve warm for the best texture and flavor.

Ingredients

For the chicken

boneless chicken breast cut into cubes	907 g
greek yogurt	2 tbsp
salt	to taste
lemon juice	1 tbsp
red pepper paste	1 tsp
sumac	1 tsp
coriander powder	1 tsp
cumin powder	1 tsp
smoked paprika powder	1 tbsp
garlic powder	1 tbsp
black pepper	1 tsp
oregano	½ tsp
olive oil for marinating	1 tbsp
oil for cooking	2 tbsp

Steps

1. Marinate the chicken by combining 2 tbsp greek yogurt, 1 tbsp lemon juice, 1 tbsp olive oil, 1 tsp red pepper paste, 1 tsp sumac, 1 tsp coriander powder, 1 tsp cumin powder, 1 tbsp smoked paprika powder, 1 tbsp garlic powder, ½ tsp oregano, 1 tsp black pepper, and salt in a bowl.
2. Marinate the chicken for 2 to 3 hours or overnight.
3. In a bowl, add 1 piece cucumber, 1 piece red onion, 2 piece tomatoes, 1 piece red bell pepper, and 1 tbsp parsley. Season with salt, 1 tsp sumac, add 1 tbsp olive oil and 1 tbsp lemon juice. Toss everything together and set aside.
4. In another bowl, prepare the garlic sauce by whisking together ½ cup mayonnaise, 2 tbsp greek yogurt (or sour cream), 1 tbsp grated fresh garlic, 1 tbsp lemon juice, 1 tbsp olive oil, and salt until smooth and creamy.

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Ingredients · continued

For the salad

	red onion sliced	1 piece
	cucumber sliced	1 piece
	tomatoes diced	2 piece
	red bell pepper diced	1 piece
	parsley chopped	1 tbsp
	sumac	1 tsp
	salt	to taste
	lemon juice	1 tbsp
	olive oil	1 tbsp

For the garlic sauce

	mayonnaise	½ cup
	greek yogurt or sour cream	2 tbsp
	grated fresh garlic	1 tbsp
	salt	to taste
	lemon juice	1 tbsp
	olive oil	1 tbsp

To assemble

	pita bread	6 piece

Steps · continued

5 Heat a large skillet over medium-high heat and add 2 tbsp oil. Once hot, cook the marinated chicken for about 8–10 minutes, stirring occasionally, until the pieces are fully cooked, golden brown, and slightly charred.

6 To assemble each wrap, place a portion of the cooked chicken onto the 6 piece pita bread, add a generous spoonful of the prepared salad, and drizzle with the garlic sauce.

7 Roll the 6 piece pita bread tightly into a wrap.

8 For a crispy finish, heat a clean skillet over medium heat, lightly brush the outside of each wrap with 1 tbsp olive oil, and place it seam-side down in the pan.

9 Cook for about 2–3 minutes per side, pressing gently, until the outside becomes golden and crispy and the inside is warmed through.

10 Serve warm and enjoy.