



## **Kebab**

### **Ingredients**

- 2pcs tortilla
- 200g chicken thigh meat
- 1 cucumber, spiralized with SpiraleZ
- 1 carrot, spiralized with SpiraleZ
- 1 tomato (removes seeds and sliced)
- 1 onion (sliced)

### **Marinating Ingredients**

- light soy sauce
- 20g fuel
- 5 tablespoons sweet chili sauce
- 5 tablespoons tomato sauce
- 3 teaspoons ground black pepper
- vegetable oil

### **Step**

1. Marinate the chicken thigh with the marinating mixture for an hour.
2. Heat a slightly oiled frying pan over medium heat. Add chicken thigh; reduce to medium low heat until it's cooked.
3. Take a frying pan and heat the tortillas, use low heat to fry until it's a bit burnt. (Just fry one side for easy wrapping)
4. Put the cooked meat on the tortilla, with spiralized cucumber, spiralized carrot, tomato slice and onion slice. Then wrap it in a roll.



## 土耳其烤肉捲餅

### 材料

墨西哥薄餅 --- 2 塊  
雞腿肉 --- 200 克 (切條)  
青瓜 --- 1 個 (刨絲)  
紅蘿蔔 --- 1 個 (刨絲)  
蕃茄 --- 1 個 (去籽，切條)  
洋蔥 --- 1 個 (切絲)  
油 --- 1 茶匙

### 醃肉材料

生抽 --- 適量  
耗油 --- 20 克  
甜辣醬 --- 5 湯匙  
番茄醬 --- 5 湯匙  
黑胡椒粉 --- 3 茶匙

### 做法:

1. 先將雞腿肉放入碗中，加入醃肉材料醃制 1 小時。
2. 中火燒熱平底鍋，落油，把雞腿肉放進平底鍋內，轉中小火煎至熟透，即成。
3. 取一個平底鍋加熱，用小火將墨西哥薄餅烙至底面有些焦點即可。(只烙一面，這樣利於好卷。)
4. 將烤好的雞腿肉放在已烙好的薄餅裏，放上青瓜絲、紅蘿蔔絲、蕃茄及洋蔥包起來即成。