

TAVUK SHISH (CHICKEN KEBAB)

I think I pretty much became a chicken kebab whilst away in Northern Cyprus, whether that's having whilst eating out or cooking it myself on the BBQ.

Using yoghurt as a marinade is a great way of tenderising the meat as well as giving it a lovely crust once cooked. I served this with the Potato & Egg Salad, Bulgur Salad and Watermelon & Feta Salad all of which can be found in June's recipes on my website.

Servings 4 | Prep 5 minutes | Total Time 30 minutes (plus marinating time)

270 calories | 38g Protein | 8g Carbs | 9g Fat

Ingredients

- 4 Chicken breasts, cut into 1" thick pieces
- 125g Greek yoghurt
- 1 small onion, finely diced or blended to a paste
- 2 cloves of garlic, crushed
- 2 tbsp sweet red pepper paste
- 1 tsp Aleppo pepper (or chilli flakes)
- 1 tsp paprika
- ½ lemon, juiced

Directions

1. In a bowl mix together the yoghurt, red pepper paste, Aleppo pepper, paprika, onion, garlic and lemon juice. Season with black pepper and salt.
2. Add the chicken to the marinade and coat well. Allow the meat to sit for at least an hour but preferably overnight.
3. When ready to cook, thread the meat onto metal skewers if using a BBQ or spread out on a lined baking tray if grilling. Place over a white hot BBQ or grill on a high heat for approximately 15 minutes turning regularly.
4. Ensure there is no pink flesh before serving with salads, dips and pickles of your choice.