



JERNEJ KITCHEN

MARINATED CHICKEN SKEWERS

Marinated Chicken Skewers are juicy and tasty inside and golden brown outside. This simple weeknight dinner recipe is effortless and quick.

SERVES	4	PEOPLE
PREPARATION:	10	MINUTES
MARINATE:	15	MINUTES
COOK:	15	MINUTES
TOTAL TIME:	40	MINUTES

MARINATED CHICKEN SKEWERS

650 g (1 1/2 pound) chicken breast, skinless and boneless

60 g (1/4 cup) greek yogurt

1 tbsp olive oil

1 clove garlic

1 tbsp BAM Spices (or a mixture of paprika powder, onion powder, basil, and rosemary.)

1 tsp grated lemon zest

1 tbsp olive oil, for drizzling

TOOLS AND EQUIPEMENT

kitchen knife

cutting board

bowl

four skewers

large grill pan

Sponsored

MARINATE THE CHICKEN

Cut the chicken breast into 3cm (1-inch) pieces and add them to a bowl. Add yogurt, olive oil, diced garlic, spice mix, and lemon zest. Season with salt and pepper and stir to combine. Set aside 15 minutes, or place in the fridge, and keep chilled overnight.

TIP

If you can't find BAM Spices in your country, use a mixture of paprika powder, onion powder, basil, and rosemary.

PAN-FRY

Grab four wooden or metal skewers. Make sure they fit into your pan. Thread a piece of chicken onto a skewer. Repeat until you use up all the skewers and chicken. Place a large grill pan over medium-high heat. Drizzle the skewers with oil and add to a pan. Pan-fry on each side for about 3 - 4 minutes or until they are cooked through and golden-brown outside, for about 12 - 16 minutes total. Turn a couple of times during cooking.

SERVE

Serve the Marinated Chicken Skewers with [Skillet Flatbread](#) or with [Lepinja \(Balkan Flatbread\)](#), fresh vegetables, Tzatziki, or other sauces.