

St. Paul's Cooking Class Crew

Grilled Greek Chicken Kebabs

Prep: 40mins

Cook: 15mins

Servings: 6 skewers

Ingredients:

- 1lb boneless, skinless chicken breasts (approx. 2 large breasts)
- 1/3 cup (5tbsp) plain Greek yoghurt
- 1/4 cup (4tbsp) olive oil
- 4 lemons – juiced, plus zest from one
- 4-5 garlic cloves – pressed or minced
- 2tbsp dried oregano
- 1tsp salt
- 1/2 tsp freshly ground black pepper
- 1 red onion - quartered into 1-inch pieces
- 1 small courgette - sliced into 1/4 inch coins
- 1 red bell pepper – seeded and cut into 1-inch pieces

Method:

1. Dice the chicken breasts into bite sized cubes and place them in a bowl.
2. To make the marinade, use a medium sized bowl to mix together the Greek yoghurt, olive oil, garlic, oregano, salt and black pepper, lemon zest, and lemon juice (of all 4 lemons).
3. Stir half of the marinade in with the chicken pieces, then marinate for 30 mins-3 hours in the fridge.
4. If using wooden skewers, soak them in water for 10-30mins.
5. Thread the chicken on to the skewers, alternating with the red onion, courgette and red bell pepper until you have reached the end of the skewer, ending with chicken. Repeat with the remaining skewers.
6. Discard any of the remaining marinade that had the chicken in it.
7. Grill the kebabs at a medium heat on a lightly oiled grill grate for 10-15mins, basting with the remaining marinade and turning often. Leftovers can be left in the fridge for up to 3 days.