

# Herb-Marinated Grilled Chicken Skewers

Tender chicken pieces marinated in olive oil, garlic, and Mediterranean herbs, grilled to perfection and served with refreshing tzatziki sauce. A flavorful and healthy dish perfect for a quick meal.



Mediterranean

**45 min**

Total time

**Easy**

Difficulty

**350**

kcal / serving

## Ingredients

- 150g chicken breast, cut into cubes
- 1 tbsp olive oil
- 1 garlic clove, minced
- 1 tsp dried oregano
- 1 tsp dried thyme
- Salt and pepper to taste
- Wooden skewers, soaked in water
- For the tzatziki sauce:
- 50g Greek yogurt
- 1/4 cucumber, grated and drained
- 1/2 garlic clove, minced
- 1 tsp lemon juice
- 1 tsp olive oil
- Salt and pepper to taste

## Steps

- 1 In a bowl, combine olive oil, minced garlic, oregano, thyme, salt, and pepper.
- 2 Add chicken cubes to the marinade, mix well, and let it marinate for at least 30 minutes.
- 3 Meanwhile, prepare the tzatziki sauce by mixing Greek yogurt, grated cucumber, minced garlic, lemon juice, olive oil, salt, and pepper in a small bowl. Refrigerate.
- 4 Thread the marinated chicken pieces onto soaked wooden skewers.
- 5 Preheat the grill or grill pan over medium-high heat.
- 6 Grill the chicken skewers for about 4-5 minutes on each side or until fully cooked and slightly charred.
- 7 Serve the grilled chicken skewers hot with a side of tzatziki sauce.