

Spicy Grilled Chicken Kebab

Enjoy the bold flavors of grilled chicken marinated in a spicy yogurt blend, skewered with fresh vegetables. Perfect for a quick lunch or dinner!


45 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1 chicken breast, diced
- 2 tablespoons plain yogurt
- 1 tablespoon olive oil
- 1 teaspoon paprika
- 1 teaspoon cumin
- 1/2 teaspoon cayenne pepper
- Salt and pepper to taste
- 1 bell pepper, cut into chunks
- 1 small onion, cut into chunks
- 1 wooden skewer (soaked in water)

Steps

- 1 In a bowl, mix the yogurt, olive oil, paprika, cumin, cayenne pepper, salt, and pepper.
- 2 Add the diced chicken to the marinade and let it sit for at least 30 minutes.
- 3 Preheat your grill or grill pan over medium-high heat.
- 4 Thread the marinated chicken, bell pepper, and onion onto the soaked skewer.
- 5 Grill the kebab for about 10-12 minutes, turning occasionally, until the chicken is cooked through and has nice grill marks.
- 6 Serve hot with a side of rice or pita bread.