

LEMON AND HERB CHICKEN KEBABS

SERVES 6

COOK TIME: 50 MIN

INGREDIENTS

5 ml (1 teaspoon) herbs de Provence
or dried Italian herbs
2.5 ml (1/2 teaspoon) smoked paprika
1.25 ml (1/4 teaspoon) dried red chilli
flakes
1 garlic clove, mince
zest of 1 lemon
45 ml (3 tablespoons) lemon juice
60 ml (4 tablespoons) olive oil
3.75 ml (3/4 teaspoon) salt
freshly ground black pepper
800 g chicken thighs, skinless and
de-boned, cut into thirds, lengthways
about 10-12 sundried tomatoes in
olive oil, drained
wooden skewers, soaked in water for
30 minutes

METHOD

For the marinade, combine all the ingredients in a mixing bowl. Add the chicken to the marinade and toss to coat. Cover with cling film and set aside to marinate for at least 1 hour or overnight, if time allows.

Thread the chicken and sun-dried tomato halves onto the pre-soaked skewers.

Grill over hot coals, turning and basting regularly. Alternately, to pan fry, heat 15 ml olive oil in a wide-based pan. Cook the chicken until golden and slightly charred, before turning. Cook on all four sides until juices run clear. When pan frying, deglaze the pan with a splash of water or white wine, scraping up the browned bits on the base of the pan.

Serve with additional lemon wedges on the side.



