



Shish Tawook Grilled Chicken

Jacob · 29/09/2024



Prep Time

4 hrs

Difficult

Medium

Servings

4 hrs 40 mins

Description

Shish tawook are tasty grilled chicken skewers that are served in every restaurant in the Middle East You can easily make them at home and theyll taste just as good if not better Dont be tempted to substitute sour cream for the yogurt as the yogurt works as a meat tenderizer

Ingredients

- - ¾ cup plain yogurt - ¼ cup lemon juice - ¼ cup vegetable oil - 4 cloves garlic
- minced - 2 teaspoons tomato paste - 1 ½ teaspoons salt - 1 teaspoon dried oregano - ¼ teaspoon ground black pepper - ¼ teaspoon ground allspice - ¼ teaspoon ground cinnamon - ? teaspoon ground cardamom - 2 pounds skinless
- boneless chicken breast halves - cut into 2 inch pieces - 2 onions
- cut into large chunks - 1 large green bell pepper
- cut into large chunks - 1 cup chopped fresh flat-leaf parsley

Instructions

1. Mix yogurt
2. lemon juice
3. oil
4. garlic
5. tomato paste
6. salt
7. oregano
8. pepper
9. allspice
10. cinnamon
11. and cardamom in a large bowl. Add chicken and toss to coat; transfer into a resealable plastic bag
12. squeeze out excess air
13. and seal the bag. Marinate in the refrigerator for 4 hours. Preheat an outdoor grill for medium-high heat and lightly oil the grate. Thread chicken
14. onions
15. and bell pepper onto metal skewers. Cook on preheated grill until chicken is golden and no longer pink in the center
16. about 5 minutes on each side. Sprinkle parsley over the skewers. Editor's Note: Nutrition data for this recipe includes the full amount of marinade ingredients. The actual amount of marinade consumed will vary.