



Dose of Nutrition

Chicken Tikka & Veggie Skewers

BY HUMA NAZ



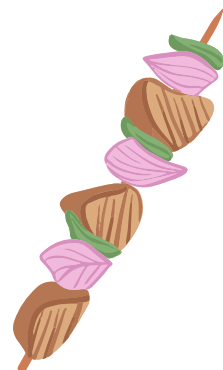
Serves about
4



Total time:
50 mins.



Gluten-free



PROCEDURE

INGREDIENTS

- 1 pound chicken thigh, boneless/skinless, ~1.5-inch cuts/cubes
- 1 red bell pepper, chopped 2-inch cubes
- 1 small onion, 2-inch cubes
- 2 lime wedges
- Oil
- Wooden skewers

Marinade

- 1/2 cup plain yogurt
- 1 tbsp. ginger/garlic paste
- 1 tbsp. lime juice
- 2 tsp. chili powder
- 2 tsp. cumin powder
- 1/2 tsp. turmeric
- 2 tsp. coriander powder
- Salt/pepper (adjust to taste)
- Cilantro for garnish

01

In a bowl, combine all the marinade ingredients and stir well. Toss in chicken, stir, and coat each cube well with the marinade. Let it rest in the refrigerator for 30 minutes. You can even marinate the chicken and leave it in the fridge overnight.

02

Once the chicken is done resting, thread the chicken, bell pepper, and onion on the skewers alternating between each. Do not overcrowd the skewers.

03

You can then grill the chicken on a griddle on medium to low heat for 15-20 minutes, turning the skewers between time until the chicken is cooked well. These can also be baked in the oven at 400 °F for about 15-20 minutes until the chicken is cooked thoroughly.

04

Garnish with cilantro, lemon/lime wedges. You can also serve the Chicken Tikka Skewers with my coconut and herb chutney(recipe on blog) as well as rice or naan.

RECIPE NOTES

- You can make a batch of the marinated chicken and freeze it for later use.
- Soaking wooden skewers in water before threading the ingredients on it can prevent the wood from burning while cooking.

Share your recreations
with me on Instagram-
I'd love to see!
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