Chicken Breast Kabobs: Middle Eastern Grilled Skewers

Tender meat marinated in yogurt and lemon for a bright savoury finish



PREP	COOK	TOTAL	SERVES	CALORIES
20 min	15 min	8 hr 35 min	6 servings	315 kcal

Ingredients

- 4 boneless, skin-less chicken breasts, about 1.5 kg
- 1 cup plain Greek yogurt, 240 ml
- 2 tbsp fresh lemon juice, 30 ml
- 1 lemon, zest finely grated
- 4 cloves garlic, minced (12 g)
- 2 tbsp olive oil, 30 ml
- 1 tbsp honey, 15 ml
- 1 tsp smoked paprika, 3 g
- 1 tsp ground cumin, 3 g
- 1 tsp sea salt, 6 g
- 1/2 tsp freshly ground black pepper, 1.5 g
- 1/2 tsp ground ginger, optional, 1 g
- 2 tbsp fresh parsley, chopped
- bell peppers, red onion, and zucchini, cut into 1-inch pieces
- Wooden skewers, soaked in water for 30 minutes

Instructions

1. Prepare the equipment: Preheat your grill to 200 °C (400 °F) or your oven to 220 °C (425 °F) on a foil-lined sheet. Soak the wooden skewers in running water for 30 minutes. This prevents the wood from burning or splitting during the high heat of the grill.

2. Whisk the marinade: Combine the Greek yogurt, lemon juice, zest, minced garlic, olive oil, honey, paprika, cumin, salt, pepper and ginger in a large bowl. Whisk until the mixture is smooth. This creates a creamy coating that tenderises the meat.
3. Marinate the chicken: Cut the chicken breasts into 1-inch cubes and toss them into the yogurt mixture. Transfer the chicken to a sealable bag or covered dish. Refrigerate for 8 hours to allow the acids to break down the proteins for a juicier result.
4. Temper the meat: Remove the chicken from the refrigerator 30 minutes before you grill. Let the meat reach room temperature. This ensures the chicken cooks evenly throughout the centre without burning on the outside.
5. Assemble the skewers: Thread the marinated chicken cubes onto the soaked skewers. Alternate them with pieces of bell pepper, onion, and zucchini. Ensure the pieces are snug but not crushed to allow heat to circulate around each cube.
6. Grill the kabobs: Place skewers on the grill and cook for 12–15 minutes. Turn them once halfway through. Use an instant-read thermometer to check that the chicken reaches 74 °C (165 °F) so it is safe and juicy.
7. Rest and garnish: Transfer the cooked kabobs to a platter and garnish with chopped parsley. Let them rest for 5 minutes. This allows the juices to redistribute, ensuring the chicken stays moist when you eat it.

Notes

How it differs from the traditional methodThe Greek yogurt creates a thicker coating than oil-based marinades. This protects the lean chicken breast from the high heat of the grill, preventing it from drying out. Use a traditional oil and vinegar base if you prefer a thinner, sharper glaze that caramelises more quickly on the meat.

What to serve with itPair these kabobs with fluffy basmati rice and a cucumber-yogurt salad for a Mediterranean-style lunch. You can also serve them with warm flatbread, a drizzle of lemon-parsley sauce, and a fresh mint-cilantro slaw. For a backyard barbecue, add roasted corn and grilled corn-on-the-cob to the spread.